

# HOLIDAY SURVIVAL GUIDE ❄️





## **LOVE NOTE**

The key to staying centered and grounded around the holidays is to make time for you. Invest time and energy in yourself and self-indulgently reap the rewards.

These tips are my go-to's and what I have found to work best for myself and have seen tremendous results with my clients. Working out in the mornings and staying off my phone before bed and after I wake up makes me a better person. Drinking water keeps my body happy & makes my skin glow.

## **DIRECTIONS**

Use this guide as just that. Only you know what works best for you. Experiment, play around, and take note of how you show up in the world. Most importantly, don't take the whole thing too seriously.



## 1 SOUL WELLNESS HIERARCHY

### Days Leading Up to The Holiday:

- Increase H2O: 1oz of water to every lb of body weight
- Make leafy-greens your new best friend
- Increase Fats & Oils: Stick to Extra Virgin Olive Oil, coconut oil, coconut mana, avocados, avocado oil, grass fed butter, & ghee
- Organic high-quality eggs, & grass-fed proteins when possible
- Remove Dairy -- no need for it (does more harm than good)
- Eliminate sugar, yes even fruits! (except berries)

## 2 DAYS BEFORE TRAVEL

### PM - One Hour Before Bed:

Phone goes on airplane mode. There's always a book on my bedside; sometimes I read it, other times I lay and let my thoughts run wild.

+ Invest in some *light-blocking glasses*. They block out the blue-light from our electronics and environment that disrupt our production of melatonin. They also help to minimize jet lag if worn while flying.

### AM - In The Morning:

Spend time with your thoughts and see where they take you. Stay off your phone 20-30 mins upon waking. Tune into your thoughts and enjoy time with yourself. What are you grateful for?

**Get outside** // set your circadian rhythm by allowing the sun to shine on your skin and into your eyes. Take a quiet walk, stretch, go for a workout, journal, read a book, and/or meditate.

Visualize your happy and centered self throughout your day -- what you'll be doing, who you're interacting with, the food decisions you'll be making, and most importantly how you'll be feeling!

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## PLANES, TRAINS, AUTOMOBILES

Things can be pretty hectic on travel day which is exactly why you should set yourself up for success. It may be the only time you get to yourself that day.

### Pre:

Days leading up to your flight should be filled with copious amounts of leafy greens, water, and probiotic rich foods to keep your immunity up (i.e. raw sauerkraut & high-quality probiotics). This is the perfect time for a [Vibrate Higher Smoothie](#).

During this time be mindful of your sugar, caffeine, and alcohol intake as they are dehydrating and damaging to your gut (where 80% of your immunity lives).

### During:

On travel day be sure you eat a true meal and drink TONS of water. If possibly book yourself a window seat -- you'll need it!

This will help to avoid cravings during your travels and allow your body to feel amazing once you get to your destination. Avoid alcohol and caffeine in the air. Planes are EXTREMELY taxing and dehydrating.

*When you get to your seat take a few moments to breath.. Planes are chaotic and full of energy this time of year. Know this and observe your environment instead of absorbing it.*

*Use your plane time as an opportunity to treat yourself well. Bring your favorite face oils, moisturizers, socks, a good book, a journal, and an eye mask. 99% of the time I purposely don't connect to wifi on flights. It's some of the only truly disconnected time I ever have.*

✦ A [Glow Smoothie](#) is my go-to on travel day. It will keep you feeling energized, full, and happy.

### Travel Snacks:

- Hard boiled eggs
- [Primal Kitchen Bars](#)
- Bulletproof bars
- [Phat Fudge](#)
- Veggie bag: celery, cucumbers, sliced apples
- Nuts and [squeeze-packs](#)

If you can make [Egg Poppers](#) before or at your destination, these bad-boys will change your life. Eggs are one of my favorite foods (yes, yolks and all) and so are veggies. Mix the two together and voila!

### Post- Travel:

Keep drinking water and if you can get your hands on some vegetables -- eat them! Airplane travel is extremely contracting, counteract this by eating expanding foods like vegetables. Our bodies crave sugar while traveling to get itself out of that contracting state quickly. Do not fall for it! You now know better!

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## HOLIDAY DAY

### First:

Carve out time in the morning to keep your new centering routine, even if this means waking up early. If you're with family, find a quiet spot or wake up before everyone else. Visualize the control you're going to have around all the snacks and at the dinner table. If you decide you want to indulge -- go for it! Own it, and enjoy it! Drink your water, eat breakfast, a [Glow Smoothie](#) will control your hormones and hunger, and continue drinking water especially if you're drinking alcohol.

### The Next Day:

Today is the day to jump back into your new routine. It's common to feel sluggish, sad, hungover, and just plain out of it. This is okay! Just get back into it with a [Glow Smoothie](#), lots of water, and gratitude for your health and life!

# 5

## HOME AWAY FROM HOME

- Pack whatever snacks you can ahead of time
- Find a local co-op or market and buy some fresh local veggies
- If you're at a hotel, request a refrigerator to store your beautiful, well-thought out, nourishing foods!

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## MOVE YOUR BODY

Your hotel, house, or new city might have a gym. If it does, settle into your new environment and go scope it out. Decide when you're going to work out and schedule it into your trip. My suggestion: do it in the morning to set the tone for the day and get it out of the way.

If there's no gym, request some extra towels and make yourself a little studio in a corner of the room. Lay the towels out as your "yoga mat" and spend time there in the morning to stretch and move your body. I love a good arm and ab series -- I find they're the fastest and most centering. If you don't have weights water bottles and cans do the trick!

✦ *My favorite way to get movement in is by exploring a new spot. Get outside and get curious of the people and spots around you. Get a little lost.*



# 5

SOUL  
WELLNESS  
METHOD

## SOUL WELLNESS GLOW SMOOTHIE

- 1 cup water, 1 cup unsweetened non-dairy milk
- 1 serving vanilla or chocolate protein powder
- 1 serving protein powder
  - \* [Primal Kitchen's Collagen Fuel](#)
  - \* [Philosophie Superfoods](#)
    - ^ cleanest non-vegan & vegan options
- 1/4 cup frozen blueberries
- 1 cup spinach
- 1/4 avocado
- 1 tablespoon coconut oil and/or coconut mana
- 1-2 tbsp ground flax seed
- 1 sprig of mint
- A few dashes of cinnamon
- Blend & enjoy!

I like to add cacao nibs and hemp seeds at the end to encourage chewing and it give it a crunch!

✦ *Add your favorite superfoods like astragalus root powder, cacao, reishi etc.*

## SWM VIBRATE HIGHER SMOOTHIE

- 1.5 cups filtered water
- 1 cup spinach or kale or both
- 1/3 cup cucumber, cubed
- 1/4 avocado
- 1/2 tablespoon coconut oil
- 1/2 fresh organic lemon juice
- 1/3 cup parsley (or more/to taste)
- 1/3 cup cilantro (or more/to taste)
- 1/3 cup mint (or more/to taste)
- Dash of cayenne
- Dash of mineral salt

✦ *Add your favorite superfoods powders*

Blend on medium to high until liquified - about 30 seconds

Drink, glow, vibrate higher

## EGG POPPERS

### Gather

- 1 muffin tray
- Grass fed butter
- 1 dozen pasture raised organic eggs
- Your favorite veggies and herbs

### Create

- Heat oven to 375 degrees
- Line tray with butter
- Crack the full dozen eggs into a large bowl
- Add salt and pepper to taste
- Add diced local veggies and herbs to bowl (have fun with this!)
- Whisk and pour into tray
- Bake for 10-15 minutes checking to be sure poppers are cooked fully through

Enjoy two for breakfast or 1 as a snack for the week!

✦ *It's smart to prepare these recipes at the beginning of the week. Make yourself the smoothie sans liquid and freeze in a container. When it's time to make, pour ingredients in a blender and add your liquid. It's saves a TON of time and energy.*



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# XO

## FINAL NOTE

Long story short -- feeling good starts with making yourself a priority, followed by a little planning and execution.

Your health and your fun are your responsibility. Setting aside time in the morning before you begin your day will make all the difference. Show up for yourself and make yourself proud.

*Please check with your doctor before making any changes to your diet.*

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