



# Healing Through The Holidays

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December 2024

We know that while the holiday season can bring moments of joy, it can also bring feelings of stress, loneliness, or grief. We created this guide of five reflections to help you navigate the season with greater mindfulness and peace. Each day offers a thoughtful prompt or activity designed to give you space for self-reflection, allowing you to connect with yourself this season.

# Manifesto for the Brave and Broken Hearted

Brené Brown

There is no greater threat to the critics  
and cynics and fearmongers  
than those of us who are willing to fall  
because we have learned how to rise.

With skinned knees and bruised hearts;  
we choose owning our stories of struggle,  
over hiding, over hustling, over pretending.

When we deny our stories, they define us.  
When we run from struggle, we are never free.  
So we turn toward truth and look it in the eye.

We will not be characters in our stories.  
Not villains, not victims, not even heroes.

We are the authors of our lives.  
We write our own daring endings.

We craft love from heartbreak,  
compassion from shame,  
grace from disappointment,  
courage from failure.

Showing up is our power.  
Story is our way home. Truth is our song.  
We are the brave and brokenhearted.  
We are rising strong.

# Day 1

## Clarity & Healing

### **Writing Prompt**

Journaling helps clarify your emotional state, release negative thoughts, and foster a sense of calm and acceptance. A way to release is to acknowledge. Set aside 10-15 minutes for journaling. Write freely, without judgment. Reflect on what you're grateful for, what challenges you may face, or any hopes you have for the future. Consider using prompts like "What am I carrying with me this holiday season?" or "What do I need to release to feel at peace?"

### **Activity**

Reflect on what you need most right now: comfort, clarity, or release.

- What things bring you comfort?
- How might you receive clarity?
- How can you let go and find release?

Identify what you need most and think about actionable steps to obtain it

### **Reflection**

- What surprised you most about your thoughts or feelings as you wrote them down?
- How did taking time to journal shift your perspective or mood?

# Day 2

## Mindful Reflection & Grounding

### **Writing Prompt**

Set aside 10-15 minutes for journaling. Write freely, without judgment. How are you feeling right now, physically and emotionally? What is taking up most of your mental space?

### **Activity**

Grounding Exercise: Sit in a quiet space. Take five slow, deep breaths. If you are comfortable, close your eyes and focus on your senses:

- What do you hear?
- What do you feel (temperature, texture)?
- What do you smell?
- What do you see when you open your eyes?

### **Reflection**

Write about any emotions or thoughts that surfaced during the grounding exercise.

# Day 3

## Gratitude and Reframing

### **Writing Prompt**

Set aside 10-15 minutes for journaling. Write freely, without judgment. What are three things you are grateful for today, no matter how small?

### **Activity**

**Gratitude Jar:** Take a moment to write down these three things on small pieces of paper. Place them in a jar, a container, or somewhere you feel comfortable to keep as a reminder for when you need a boost. Add one each day for one week.

**Reframe a Negative Thought:** Think of one negative thought you've been holding onto. How can you reframe it into something more positive or compassionate?

### **Reflection**

How did it feel to focus on gratitude? Did it shift your perspective? What insight did you gain from reframing a negative thought?

# Day 4

## Self-Compassion & Inner Dialogue

### **Writing Prompt**

Set aside 10-15 minutes for journaling. Write freely, without judgment. How would you talk to a close friend who is struggling with something?

### **Activity**

**Self-Compassion Letter:** Think about a current challenge. Take a piece of paper and write a letter to yourself, offering the same kind of support and kindness you would offer to a friend. Acknowledge your struggles without judgment, and remind yourself of your strength and resilience.

**Positive Affirmations:** Write down three affirmations that can help combat any self-doubt. For example: "I am enough," "I am doing my best," "I trust myself."

### **Reflection**

How did it feel to write to yourself with compassion?  
What is one thing you learned about how you treat yourself in difficult moments?

# Day 5

## Restorative Self-Care & Recharging

### **Writing Prompt**

Set aside 10-15 minutes for journaling. Write freely, without judgment. What does self-care look like for you right now? What do you need to feel rested, recharged, and whole again?

### **Activity**

**Self-Care Checklist:** Create a self-care checklist with activities that help you feel relaxed and rejuvenated. Examples: taking a warm bath, going for a nature walk, reading a book, resting, etc. Spend at least 15 minutes engaging in one of your self-care activities.

**Recharge with Nature:** Spend at least 15 minutes outside today, whether it's walking in a park, sitting under a tree, or just stepping outside to breathe fresh air.

### **Reflection**

How do you feel after engaging in these self-care activities?  
What did you learn about what you need to recharge your mental health and well-being?



[www.healingjusticeproject.org](http://www.healingjusticeproject.org)