

# HOLIDAY COMPANION 2025

A Seven-Day Gift of Calm  
for the Season Ahead



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**CAREIANCE**  
*Where Soul Meets Clarity.*

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## HOLIDAY COMPANION

# WELCOME

### **HELLO!**

The holidays can be beautiful.  
They can also be overwhelming.

This week is yours. Seven days of  
simple practices. Small moments  
of care. No long lists. No pressure  
to be perfect.

Each day offers one gentle ritual.  
Something you can do in five  
minutes or less. A way to find  
calm in the middle of the rush.

You deserve this pause. You  
deserve to feel steady and strong  
through the holiday season.

Let's begin.

*Bridget*

Careiance Avatar





# THE MORNING BREATH



## DAY 1, YOUR PRACTICE TODAY

Before your feet touch the floor this morning, give yourself this gift.

- Sit on the edge of your bed. Place both feet flat on the floor. Rest one hand on your belly.
- Breathe in slowly through your nose for a count of four. Feel your belly rise under your hand.
- Hold for just one moment.
- Breathe out gently through your mouth for a count of six. Feel your belly fall.

Do this five times. Just five breaths. That's all.

### **Why This Matters:**

This simple act calms your nervous system. It tells your body: we are safe. We can slow down. Research shows that controlled breathing lowers stress hormones and steadies the heart. For seniors, morning breathing also helps with balance and focus throughout the day. Those first five breaths set the tone for everything that follows.

### **Your Reflection:**

After your five breaths, notice how you feel. Maybe write it down in a notebook you keep by your bed.

- *How does my body feel right now?*
- *What is one thing I'm grateful for this morning?*

These quiet moments belong to you. No one can take them away.



## HOLIDAY COMPANION

# THE GENTLE STRETCH

### DAY 2, YOUR PRACTICE TODAY

Movement doesn't have to be hard to be helpful. Today, we stretch.

**Find a sturdy chair.** Sit near the front edge with your feet flat on the floor.

**Shoulder Rolls:** Roll your shoulders slowly backward five times. Feel the tension release. Roll them forward five times. Notice the difference.

**Side Stretch:** Place your left hand on the chair seat beside you for support. Raise your right arm overhead. Lean gently to the left. Just a small lean. Feel the stretch along your right side. Breathe here for three slow breaths. Lower your arm and switch sides

**Seated Forward Fold:** Place both feet flat and hip-width apart. Let your hands rest on your thighs. Slowly bend forward from the hips, letting your arms dangle toward the floor. Keep your neck relaxed. Let your head hang gently. Take five slow breaths here. Roll back up slowly, one vertebra at a time.



### Why This Matters:

Winter mornings bring stiffness. Cold weather tightens muscles, especially for those with arthritis. These gentle stretches warm your body from the inside. They increase blood flow, ease joint discomfort, and wake up your spine.

Two minutes of stretching can change how your whole day feels.

### Your Reflection:

Stand up slowly after your stretches. Walk to the window or take a few steps around the room.

- *What feels different in my body now?*
- *Where was I holding tension that I didn't even notice?*

This is your body thanking you for paying attention.

# THE AFTERNOON TEA PAUSE

## DAY 3, YOUR PRACTICE TODAY

This afternoon, wherever you are in your day—busy or quiet—stop for five minutes.

- Make yourself a cup of tea. Any kind you love. Chamomile. Peppermint. Even just hot water with lemon.
- Sit down with your tea. Not at a desk with work. Not in front of the television. Just you and the cup.
- Wrap both hands around the warm mug. Feel the heat in your palms.
- Lift the cup to your nose. Breathe in the steam and scent. Notice it.
- Take your first sip slowly. Let it warm your mouth, your throat, your chest.

For these five minutes, your only job is to drink this tea. To feel its warmth. To taste it. To be here.

### **Why This Matters:**

The holidays ask a lot of us. Tasks pile up. Expectations build. We rush from one thing to the next, forgetting to breathe.

This pause is not about the tea itself. It's about permission. Permission to stop. Permission to be still. Permission to tend to yourself in the middle of the day. Mindful pauses like this reset your nervous system, your stress level. Even for five minutes. Especially for five minutes.

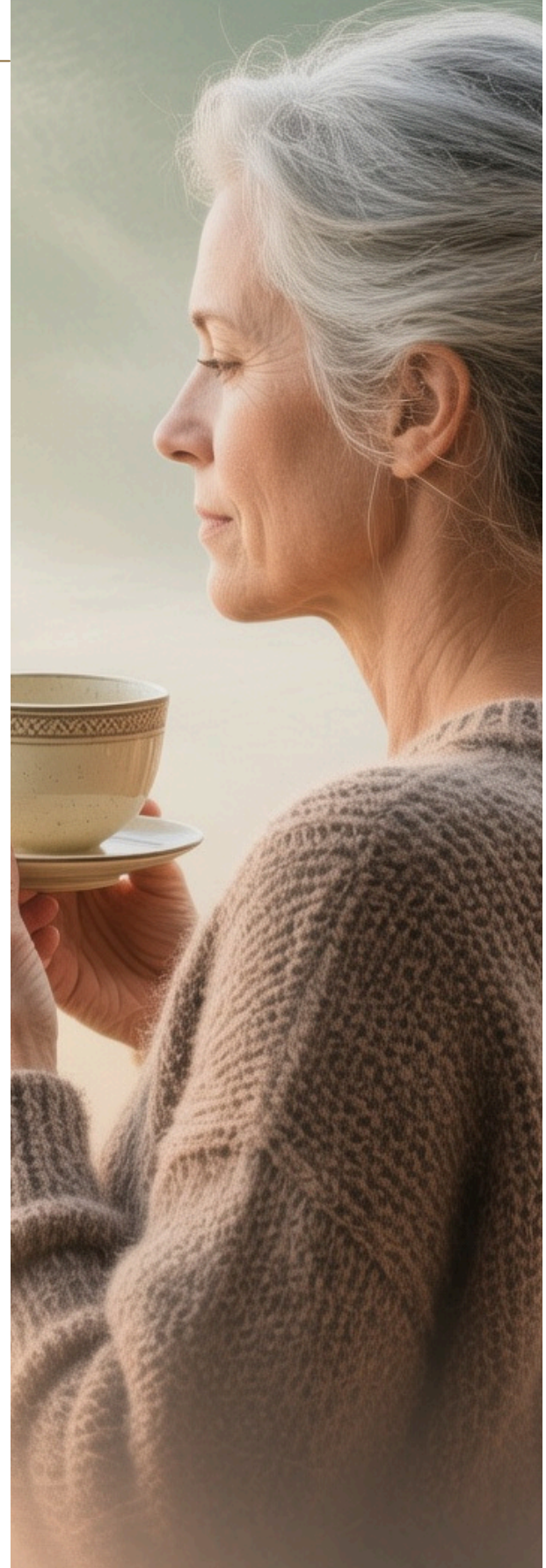
### **Your Reflection:**

As you finish your tea, notice how you feel.

- *What did I notice about the taste, the warmth, the moment?*
- *Can I give myself this pause again tomorrow?*



HOLIDAY  
COMPANION





## DAY 4, YOUR PRACTICE TODAY

01

Today is about reaching out. Not in a big way. Just a small, genuine gesture of connection.

- Choose one person. A friend you haven't talked to in a while. A neighbor you wave to but rarely speak with. A family member who might be lonely.
- Reach out in whatever way feels comfortable:
- Send a text: "I was thinking about you today. How are you?"
- Make a short phone call: "I just wanted to hear your voice."
- Write a note on a card and mail it.
- Knock on a neighbor's door with a simple, "Would you like to sit on the porch for a few minutes?"

Keep it brief. Keep it real. The goal is not a long conversation. The goal is to let someone know they matter.

02

### **Why This Matters:**

The holidays can feel isolating, even when we're surrounded by activity. For many seniors, loneliness sits quietly in the background, especially in winter when getting out is harder.

But here's what research shows: reaching out helps both people. The one who initiates contact often feels as much of a mood boost as the one who receives it. Connection is medicine. It lowers stress, strengthens immunity, and gives life meaning.

You don't have to wait for others to reach out to you. You have the power to create connection yourself, even in the smallest ways.

03

### **Your Reflection:**

After you've reached out, take a moment to notice how it feels.

- *What was it like to take that small step?*
- *How did the other person respond?*
- *Is there someone else I'd like to connect with this week?*

Connection doesn't have to be complicated. Sometimes the smallest gesture—a text, a wave, a smile—opens a door that's been closed too long. You are not alone. And by reaching out, you remind someone else they aren't either.



# THE PERMISSION TO BE IMPERFECT

## DAY 5, YOUR PRACTICE TODAY



Today, you're going to do something radical. You're going to let something go. Look at your mental list of "shoulds" for this holiday season. Maybe you feel you should:

- Send cards to everyone you know Bake three kinds of cookies Decorate every room
- Buy the perfect gifts
- Host a flawless gathering
- Choose one thing. Just one. And give yourself permission to do less. Or to not do it at all.
- Say it out loud if you can: "This year, I don't have to \_\_\_\_\_. And that's okay."
- Write it down if that helps make it real.

Then notice what happens in your body. Do your shoulders drop? Does your chest feel lighter? That's the weight of "perfect" lifting.

### **Why This Matters:**

The holidays come with invisible scripts. We carry expectations from decades of tradition. We believe everything must be "just so" or we've somehow failed. But here's the truth: your loved ones don't need perfection. They need your presence. Your calm. Your genuine smile.

### **Your Reflection:**

After you've given yourself permission to do less, sit with that feeling for a moment.

- *What am I afraid will happen if I let this go?*
- *What might become possible if I stop trying to be perfect?*
- *What do I truly want this season to feel like?*

You are enough. Your presence is enough. A simpler holiday can be richer than an exhausting one.

# THE SAFETY CHECK-IN



## HOLIDAY COMPANION

### DAY 6, YOUR PRACTICE TODAY

**Today is practical.** Today we make sure you're safe and prepared for winter.

Take ten minutes to walk through your home with fresh eyes. Look for these things:

#### **In Your Main Living Areas:**

- Are there throw rugs that could slip? Remove them or use non-slip pads underneath.
- Are walkways clear of clutter, cords, or stacks of things?
- Can you see well in hallways at night? Add nightlights if needed.

#### **On Your Stairs:**

- Is the handrail sturdy?
- Are the steps clear?
- Is the lighting bright enough to see each step clearly?

#### **In Your Bathroom:**

- Do you have a non-slip mat in the shower or tub?
- Is there something sturdy to hold onto when getting in and out?

#### **By Your Doors:**

- Do you have salt or sand for icy steps? Are your winter boots easy to reach?
- Do they have good traction on the soles?
- In Your Emergency Spot:
- Do you have a flashlight with working batteries?
- Is your phone always charged?
- Do you have a small supply of any essential medications?

Fix what you can today. Make a list of what needs help. Ask someone if you need it.

#### **Why This Matters:**

Falls are not a normal part of aging. Most falls can be prevented with simple changes. But winter raises the stakes. Ice, darkness, and cold all increase risk.

Taking ten minutes today to spot hazards can prevent an injury that changes everything. A fall can mean weeks of recovery, loss of confidence, even loss of independence.

Safety isn't about being fearful. It's about being prepared so you can move freely. When your home is safe and your winter gear is ready, you can stop worrying and start living.

#### **Your Reflection:**

After your safety walk-through, take a breath.

- *What did I fix or improve today?*
- *What do I need help with?*
- *How does it feel to know I've made my space safer?*

Caring for your safety is caring for your freedom. Do this small check now, and move through winter with more confidence.



## HOLIDAY COMPANION

# YOUR PERSONAL WELLNESS PLEDGE



### DAY 7, YOUR PRACTICE TODAY

Take a few quiet minutes with a piece of paper or a journal. You're going to make a promise to yourself for this holiday season. Answer these three questions:

**1. What is one simple wellness ritual I will gift myself each day?** (Maybe it's the morning breath. Maybe it's the afternoon tea pause. Maybe it's a short walk or a moment of gratitude. Choose something small and doable.)

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**2. When I feel overwhelmed this season, what is one calming action I can take?** (This is your emergency brake. Five breaths? A call to a friend? A walk to the window? Name it now so you have it ready.)

**3. What is my personal motto for a peaceful holiday?** (A short phrase you can return to. "Peace over perfection." "I am enough." "Presence, not presents." "Good enough is good." Make it yours.)

Write these three things down. Sign your name at the bottom. Add today's date.

This is your pledge. Not to anyone else. To yourself.

Put this paper somewhere you'll see it. On your bathroom mirror. By your coffee maker. Folded in your wallet.

When the season gets hard—and it will have hard moments—come back to this pledge. Read it again. Remember what you promised yourself.

#### **Why This Matters:**

We make promises to others all the time. We'll show up. We'll help. We'll bring the pie. But how often do we make promises to ourselves? And how often do we keep them?

This pledge is different. It's not about doing more. It's about protecting your peace. It's necessary.

Research shows that people who set clear, simple intentions are more likely to follow through. Writing things down makes them real.

**Signing your name makes it official.**

# WHAT'S NEXT?



## HOLIDAY COMPANION

### BEYOND THESE SEVEN DAYS

You did it. Seven days of showing up for yourself. Seven small practices that, together, create something powerful: a foundation of care.

Maybe you felt calmer this week. Maybe you noticed your body relaxing. Maybe you felt less alone. Maybe you gave yourself permission you've been withholding for years. These practices work. But they're just the beginning.

***What if you had this kind of support year-round? You can.***

Introducing: ***The Sacred in the Mundane***

*Book One of The Sacred Path Trilogy*

Launching in early November 2025—just in time for holiday gift-giving.

If these seven days helped you find moments of peace, imagine having a full companion guide for navigating aging, transition, and reclaiming your life after everything changed. *The Sacred in the Mundane* is for women 55+ who are facing role changes, body changes, and life after loss. It's for those who refuse to be invisible. For wisdom-keepers reclaiming their authority.

Inside, you'll discover:

- 13 transformative chapters on finding stillness, befriending your body, pursuing joy, navigating loss, and creating a sustainable life
- Ancient Celtic wisdom applied to modern challenges
- Clear, practical guidance (no complicated jargon)
- Reflection practices to make each lesson personal
- Permission to do things differently

This isn't about adding more to your plate. It's about having a wise companion walk beside you— not just through the holidays, but through all of life's passages.

The holidays don't have to exhaust you. They don't have to leave you feeling depleted, lonely, or guilty. With the right support, this season can be one of your most peaceful yet. You deserve that. You've already proven it by taking these seven days for yourself.

Ready to keep going?

Learn more about *The Sacred in the Mundane* at <https://zephyroakhaven.me>

Thank you for these seven days. You showed up for yourself. That matters more than you know. ***May your holidays be gentle. May they be real. May they be enough.***

With warmth and respect,  
Moire McMeekin and Bridget



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