

NO STRESS
Christmas

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Hi, I'm Birgitte — a holistic health practitioner for more than 20 years, and now the heart behind Hygge Homestead.

Through my work and writing, I've learned that true wellness comes from simple, steady practices — not quick fixes or chasing perfection.

That's why I created My Seven Steps:

*food, water, sleep, exercise, fresh air,
silence, and gratitude.*

These steps are the foundation for living with more balance and less stress, no matter where you are.

Over the years, I've seen how powerful small changes can be — a glass of clean water, a walk outside, a pause for gratitude — and how they often bring more lasting results than the biggest health trends.

My focus is on helping people reconnect with what really matters: nourishment, rhythm, and the joy of everyday life.

Today, I do my best to live out these steps in my own life, whether I'm tending the garden, working on projects alongside my husband, or cooking in my Homestead Kitchen and sharing simple, nourishing recipes.

For me, health is built one small choice at a time. My hope is to inspire you to slow down, breathe a little deeper, and discover that health and happiness often begin with the simplest everyday moments.



In This Guide, We'll Explore:

A Season of Gratitude

The Gift of Time & Togetherness

Let's Talk About Leftovers (And Why They Matter)

Easy Ways to Use Holiday Leftovers

Avoid Food Waste This Season

Holiday Staples to Keep in Your Kitchen

Final Thoughts

Keep your Christmas Spirit High

December is a month filled with magic. Lights begin to glow, familiar scents drift from the kitchen, and traditions return that anchor us in warmth and belonging. It's a season rich with family, friends, and moments we want to remember — but it can also become the month that overwhelms us the fastest. Routines shift, plans pile up, and the steady rhythm we keep the rest of the year becomes harder to maintain.

Spending time with loved ones is one of the most meaningful parts of the holiday season. These moments strengthen our emotional well-being, support our nervous system, and remind us of what truly matters. They deepen connection, lift our mood, and create the kind of memories we carry for years. But those benefits only bloom when we're able to show up present, not pressured. When gatherings feel rushed or stressful, the joy quickly fades.

That's why a No Stress Christmas is built on intention, not perfection. It's about choosing differently — weaving in small routines and gentle preparations that help your body and mind stay steady, even during busy days. A little food prep before the month begins, a mindful morning routine, tiny pauses throughout the day, and an understanding that indulgence is part of the season all create a December that feels full, but not frantic.



This guide offers a gentle look at how the holiday season tends to shape our days — from busier schedules and richer foods to later nights and fuller calendars. Rather than adding more to your to-do list, it invites awareness and small shifts that support your body and mind as you move through December, helping you stay grounded, nourished, and present without striving for perfection.

And the heart of it is this:

It's not how we live between Christmas and New Year that matters most — it's how we care for ourselves the rest of the year.

Let this be your gentle invitation to savor, simplify, and nourish yourself through the season.



No Stress Christmas Helper

The holiday season brings warmth and connection, yet it also comes with heavier foods, fuller schedules, and more emotional weight than we expect. These shifts are normal. This guide isn't here to tell you to avoid them — only to help you walk through them with awareness and steadiness. Here are the simple habits that can make December feel lighter, more meaningful, and more enjoyable.

Set Small, Clear Priorities

When everything feels important, nothing truly is. Choosing one or two meaningful priorities helps you focus on what matters most. This simple clarity lifts the pressure to “do it all” and replaces it with intention and peace.

Say “No” Gently

Invitations, expectations, and obligations increase this time of year. Saying no with kindness protects your energy and creates space for the activities that genuinely bring joy.

Simplify Gift Giving

Gift giving should feel heartfelt, not stressful. Choosing simpler gifts — homemade treats, small thoughtful items, or shared experiences — brings more meaning and less pressure to the season.

Breathe and Pause Throughout the Day

Just one slow breath can soften your whole body. Pausing between tasks or before a meal calms the nervous system and helps you stay present.

Set Healthy Boundaries

Clear boundaries help you avoid overwhelm and allow you to enjoy the season without emotional burnout. They protect your time and support your well-being.

Create Moments of Silence

Amid the noise of December, a moment of quiet gives your mind space to rest. Silence restores balance and gently resets your energy.

Prioritize Restful Sleep

Even minor disruptions to sleep affect mood, immunity, and energy. Gentle evening routines — dim lights, warm tea, a few minutes of quiet — help the body settle and recover.

Mindful Morning Routines

Beginning the day slowly sets a grounded tone. A warm drink, a stretch, or a moment of gratitude creates steadiness before the day unfolds.

Stay Hydrated

Heavy foods, sugar, alcohol, and busyness easily lead to dehydration. Staying hydrated supports digestion, energy, mental clarity, and immunity.

Practice Mindful Eating

Food is one of the joys of December. Eating slowly helps you savor each bite, avoid overeating, and stay connected to how your body feels.

Food Prep Simple Staples

Keeping a few nourishing foods ready — soup, roasted vegetables, chopped produce — makes it easier to stay balanced on busy days without extra effort.

Stock Up on Healthy Snacks

Having nuts, fresh fruit, vegetables, hummus, olives, or dark chocolate available prevents mindless snacking on sugary or processed foods.

Stay Active in Gentle Ways

Movement — even a short walk or stretching — supports your mood, digestion, and immune system. Consistency matters more than intensity.

Use Seasonal Supplements if Needed

Vitamin C, D with K2, probiotics, echinacea, and zinc can offer support when routines shift or when stress increases. Think of them as gentle helpers.

Add Immune-Boosting Foods

Ginger, garlic, citrus, fresh herbs, warm broths, and seasonal spices help strengthen your natural defenses and nourish your body.

Limit Sugar and Alcohol Mindfully

Enjoy them without guilt, but stay aware of how they affect your energy, digestion, mood, and sleep. Mindfulness allows freedom without overindulgence.

Keep Your Christmas Spirit in Balance

December often brings a different rhythm — more gatherings, richer meals, spontaneous plans, later nights, and less structure. Supporting yourself through this shift doesn't require strict rules or perfect routines. It simply asks for awareness and small moments of care woven into your days.

When schedules fill quickly, the body often feels it before the mind does. Stress hormones rise, digestion slows, and sleep becomes lighter. Small pauses — a breath, a quiet moment, a slower morning — help regulate the nervous system and bring you back into balance. When overwhelm softens, presence returns.

Stress can build even when activities are enjoyable. The pace, noise, and constant stimulation make it harder for the mind to rest. Creating brief moments of stillness throughout the day helps clear mental clutter and brings emotional steadiness back.

Exhaustion often sneaks in quietly. Later nights, busy days, heavier foods, and broken routines affect energy more than we realize. Supporting your body with hydration, gentle movement, fresh air, and calmer evenings when possible helps restore balance without effort.



Food is central to December — and it should be enjoyed. Traditions, flavors, and special meals are part of the joy. Mindful eating allows you to enjoy them fully while staying connected to how your body feels. Preparing a few simple nourishing foods ahead of time creates balance without restriction.

All of this naturally supports your immune system, which carries a heavier load this time of year. Small daily choices — warmth, rest, hydration, nourishing foods, and gentle movement — strengthen resilience and help you stay well through the season.

This is what a No Stress Christmas truly means: enjoying the season as it is, while caring for yourself with awareness and kindness. Balance doesn't take joy away — it allows you to experience it more fully.



Final Thoughts

As you move through this season, I hope this guide brings you gentle reminders to pause, breathe, and return to what truly matters. December will always be full — full of traditions, emotions, gatherings, and moments that tug at the heart. But it can also be full of calm, intention, nourishment, and joy when we choose a slower, more mindful way of moving through it.

Remember that a meaningful holiday doesn't come from doing everything. It comes from being present for the things that matter most.

Let yourself enjoy the foods you love.

Let yourself rest when you're tired.

Let yourself say no when something feels heavy.

Let yourself say yes when something feels right.

And let this be the year you choose peace over pressure,
connection over perfection, and simplicity over stress.

A No Stress Christmas isn't about achieving an ideal — it's about allowing yourself to be human, to savor the season, and to support your body and mind along the way. And as the new year approaches, may you feel grounded, grateful, and gently ready for whatever comes next.

Wishing you the calmest, coziest, most nourishing holiday season.
You deserve it.



Your next step toward simple,
no stress, and seasonal living...

"Thanks for reading! I've gathered extra tips, recipes,
and seasonal living guides for you on my website.

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LET'S STAY CONNECTED



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