



The Holiday Makeover Wellness Guide

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The holidays can feel joyful, chaotic, nostalgic, and overwhelming – sometimes all at once.

This personalized seasonal guide is here to help you stay grounded, energized, and well – no matter how busy December becomes.

It offers you gentle, modern Ayurvedic-inspired tips based on three common patterns: “light-and-busy”, “fiery-and-passionate”, and “calm-and-grounded”.

On the next page, you’ll see familiar tendencies many of us fall into during the holidays. Recognizing your own pattern makes it easier to shift out of stress and into steadiness and joy.

This isn’t about dramatic change – it’s about feeling more at ease in your body and your life. Use what fits, ignore the rest, and enjoy the season with a little more ease.

*Let’s find your type –
and how the holidays may throw it off.*





THE “LIGHT & BUSY” TYPE

(airy, fast, sensitive, perceptive – the overthinker)

This type wants the season to be meaningful, and so they think themselves into exhaustion. They worry about saying “yes,” then feel guilty saying “no.” Travel, irregular meals, late nights, and overstimulation can cause them to feel scattered, wired, anxious, or ungrounded. Cold weather and busy schedules can trigger restlessness, poor sleep, bloating, tense muscles, and emotional overwhelm.

If you feel “tired and wired” this season, ~ your personalized guide:

Keep Warm & Focused



THE “FIERY & PASSIONATE” TYPE

(focused, ambitious, driven – the overachiever)

Fire types jump straight into December’s intensity. They host, organize, and aim for perfection. Rich meals, spicy dishes, wine, and holiday stress can spark irritability, heartburn, headaches, and waking between 12–2 am. If you feel impatient, easily triggered, hungry every two hours, or especially sensitive to chaos and last-minute changes ~ your personalized guide:

Keep Cool & Joyful



THE “CALM & GROUNDED” TYPE

(steady, loving, loyal – the classic gatherer)

These types are the generous hosts who value tradition, familiar faces, and meaningful moments. They prefer intimate gatherings to chaotic events.

A busy December schedule and an excess of comfort foods and sugary treats can leave them feeling a bit “blue,” unmotivated, and experiencing slower digestion or a sense of heaviness.

If you find yourself wanting to skip parties and stay home more, craving sweets, moving less, or feeling a little “stuck,” ~ your personalized guide:

Keep Light & Bright

Which type resonates mostly with you? If in doubt - ask your family.





Keep Warm & Focused

Essentials for “Light & Lively”

1. Daily Rhythm (Stability & Structure)

- Warm breakfast within 2-3 hours of waking and steady meals throughout the day.
- Unplug at least 1 hour before bed – no screens, news, problem-solving, or intense conversations.

2. Movement (Slow & Steady)

- Choose grounding movement: Pilates, yoga, slow strength training, or long walks.
- Avoid anything that adds more speed or intensity.
- **Quick Shift:** Walk instead of rush – deliberately slow your pace by 10%.

3. Daily Nourishment (Warm & Moist)

- Warm grains, soups, roasted root vegetables, enough protein, and healthy fats.
- Add a spoonful of ghee to soothe digestion and calm your system.
- Minimize dry snacks (crackers, popcorn, nuts). If you want a salad, have soup first.

4. Digestive Support (Cozy & Warming)

- Sip warm ginger tea after meals.
- Skip cold drinks – smoothies, iced water, soda – they slow digestion.

5. Holiday Table

- Favor: roasted vegetables, dark turkey meat, ham, mashed potatoes, stuffing, gravy, baked apples.
- Skip: bubbly drinks, crunchy snacks.

**Slow down, sit down, let others talk while you savor.
Your body thrives on warmth, softness, and steadiness.**





Keep Cool & Joyful

Essentials for “Fiery & Passionate”

1. Daily Rhythm (Cooling the Heat)

- Drink a glass of room-temperature water in the morning.
- Delay caffeine by 2 hours to prevent cortisol spikes and mid-day irritability.
- Get 5 minutes of cool morning air for an instant mood reset.
- **Quick Shift:** In the midst of the holiday rush, lower your tone, not your standards. Speak 20% softer.
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2. Movement (Steady, Not Fiery)

- Steady cardio, strength training, swimming (Florida luxury!), or any rhythmic activity that helps you “cool off” rather than rev up.
- Avoid competitive or high-intensity workouts.

3. Daily Nourishment (Fresh & Cooling)

- Add cooling foods to your meals at least once a day, such as mint, cilantro, cucumber, leafy greens, fennel, zucchini, berries, and pears.
- Limit spicy or salty dishes, tomato sauce, red meats, and fried foods – they can turn digestion and mood into flames.

4. Digestive & Mood Support (Soothe & Settle)

- Warm fennel tea after meals.
- Skip afternoon coffee or Coke – take a 15-minute horizontal rest instead.

5. Holiday Table

- **Favor:** green beans, Brussels sprouts, fresh greens, turkey breast, cranberry sauce, roasted sweet potatoes.
- **Skip:** salty or spicy snacks, aged cheeses, cured meats; go easy on prime rib and fiery cocktails.

Choose humor, ease, and genuine joy over perfection.

Disengage from heated debates.

Keep your “cool” and enjoy the warm moments.





Keep Light & Bright

Essentials for “Calm & Grounded”

1. Daily Rhythm (Lightening the Morning)

- Start the day with warm lemon water and movement: a brisk 15-minute walk outside or a short, energizing exercise session before breakfast.
- Enjoy black tea or coffee for a gentle lift. Avoid heavy breakfast items and cold dairy.
- **Quick Shift:** Turn on brighter lights in the morning – it wakes up mood and metabolism.

2. Movement (Energize & Uplift)

- Interval training, upbeat classes, cycling, or anything rhythmic that stimulates blood flow and endorphins.
- Get your favorite playlist ready – music helps this type more than any other.

3. Daily Nourishment (Warm, Spiced, Vegetable-Forward)

- Choose warm foods, brothy (not creamy) soups, lean white meats, lots of vegetables, and some light, crunchy snacks (in moderation).
- Use stimulating spices: ginger, turmeric, cayenne, black pepper, cinnamon.
- Aim for lighter dinners at least 3 hours before bedtime, or try skipping dinner once or twice a week.

4. Digestive Support (Warm & Stimulating)

- Sip hot tea (without cream or sugar) throughout the day to maintain a steady metabolism: cinnamon, ginger, herbal chai, Bengal Spice.

5. Holiday Table

- **Favor:** roasted Brussels sprouts and green beans, spiced carrots, fresh greens, turkey breast.
- **Limit:** creamy casseroles, cheese boards, dips, breads, heavy starches, rich meats, and sweets (take them home and enjoy at lunch).

Connect, laugh, hug. You bring warmth, loyalty, and heart to the holidays. Let it be merry & bright.





A Personal Note

The holidays ask a lot of us – emotionally, physically, and energetically. My hope is that this little guide brings you a moment of clarity, inspiration, and a smile.

If one of these descriptions felt surprisingly accurate, you've just experienced the quiet brilliance of Ayurveda – a timeless way of understanding how each of us responds to the world.

Small, daily shifts can help you regain balance, energy, and ease. It's also completely normal to see pieces of yourself in more than one type. We are never just one thing.

If you're curious to learn how understanding your body-mind type can help you make lifestyle choices – from your daily routine to exercise and nutrition – that support better energy, vitality, and lasting results – let's talk!

Book your complimentary wellness consultation at www.bodymindavalution.com or call 847.8778187.

Warmest wishes for a joyful holiday season,

Ava Ellensohn

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