A Gutsy Girl's Holiday Survival Checklist

Your guide to keeping your gut (and sanity) intact this season

FOR YOUR GUT: SIMPLE SWAPS + STRESS RELIEF

The goal isn't to avoid all holiday food (where's the fun in that?)

It's about making small, strategic choices that keep your gut from staging a revolt.

Smart Swaps That Actually Work
✓ Bring a gut-friendly dish to gatherings
Translation: You'll always have something safe to eat, plus you're not the weirdo who shows up empty-handed

✓ Start your day with protein + healthy fat
Before you hit the cookie platter, give your gut something substantial to work with

✓ Keep digestive enzymes or HCl in your purse/pocket
For those "I'm eating this even though I know I'll regret it" moments

✓ Drink water between alcoholic drinks
Novel concept, but your gut (and morning-you) will thank you [or just skip the alcohol altogether]

✓ Choose dark chocolate over milk chocolate
Less sugar, more antioxidants, same satisfaction

Stress = Gut Chaos (Here's How to Interrupt That)
✓ Take 5 deep belly breaths before meals
Activates your parasympathetic nervous system = better digestion

✓ Go for a 10-minute walk after big meals
Gentle movement > lying on the couch in a food coma

✓ Keep herbal tea on hand (ginger, peppermint, chamomile)
For when your gut needs a little extra support

FOR YOUR MIND: MINDFUL EATING, REST, GRATITUDE

Your brain and your gut are in constant conversation. When your mind is scattered, your digestion suffers. Here's how to keep both happy.

Mindful Eating (Without Getting Weird About It)
✓ Sit down to eat (revolutionary, I know)
Standing at the kitchen counter with a plate of leftovers doesn't count as a meal

✓ Put your phone away for at least the first few bites
You don't need to Instagram every holiday cookie

✓ Chew your food like you mean it
Digestion starts in your mouth. Help your gut out

✓ Notice when you're full-ish (not "I need to unbutton my pants" full)
There will be leftovers. You can eat again tomorrow

Rest Isn't Lazy, It's Strategic
✓ Protect your sleep schedule as much as humanly possible
Late nights wreck your gut microbiome and your mood

✓ Say no to at least one social obligation
You don't need to attend every holiday party

✓ Schedule 15 minutes of genuine downtime daily
Not scrolling. Not "productive rest." Actual doing-nothing time

Gratitude > Guilt
✓ Focus on what you can eat, not what you can't
Deprivation mindset = stress = poor digestion

✓ Celebrate non-food moments
Connection, laughter, warmth—those matter more than the meal

✓ Give yourself grace for imperfect choices
One slice of pie won't undo your progress. Stressing about it might

FOR YOUR SANITY: 3 THINGS TO SAY "NO" TO

Permission to opt out, granted.

1. Explaining Your Dietary Choices
You don't owe anyone a dissertation on your gut health at the dinner table.
Try instead: "This looks amazing, but I'm good with what I have—thank you!"
Or simply: "My stomach's been sensitive lately" (end of conversation)

2. **The Guilt Trip About "Just One Bite"
It's wild how much people care about what you put in your mouth.
Try instead: "I appreciate the offer, but I'm really full!"
Or the classic: "I'll grab some to take home" (then don't)

3. **The Expectation of Holiday Perfection
Your house doesn't need to look like a Pinterest board. Your body doesn't need to "bounce back" by January 1st. Your meals don't need to be Instagrammable.
Try instead: Showing up as your actual human self, bloating and all, and deciding that's more than enough.

Final Thoughts
The holidays are meant to be enjoyed—not endured.

You don't need to be perfect. You just need to be present, and gentle with yourself when things don't go according to plan (because they won't, and that's okay).

Your gut health isn't fragile. You're not going to "ruin everything" with one indulgent meal. But you will make things harder if you stress about every bite.

So here's your real holiday survival strategy: Do what you can, let go of what you can't, and remember that January is just another month—not a moral reset button.

You've got this.

Xox,
SKH

WANT MORE?

The Ultimate Gut Health Product Guide:
https://bit.ly/ultimategutsyhealthguide