

## Wouldn't It Be Nice to Feel Like You Didn't Mess Up the Holidays?

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HOW TO BE A

Better  
Person

A new podcast with Kate Hanley



## Wouldn't It Be Nice to Feel Like You Didn't Mess Up the Holidays?

Hi,

I've got a love/hate relationship to the holidays—love the spirit of loving up on the people you love, the trees and wreaths and lights, the way things get really quiet the week between Christmas and New Year's. Hate the mass consumption, the stress to 'get it all done', the weight gain (let's be honest), the over-spending, the waking up on January 1 feeling like you messed up somehow.

That's why I was super excited to be a guest on the Bloom Where You're Planted podcast on how to 'do' the holidays in such a way that you still like yourself when it's over. =) Host Christine Krahlung is a How to Be a Better Person listener too—she's one of us! [Give it a listen here.](#)

I am so thankful to have you as a listener and a subscriber. Wishing you a festive, fun and fulfilling Thanksgiving if you're celebrating.

Love,

*Kate*

### Episodes You May Have Missed:



Take (at Least) One  
Mindful Breath a Day



Take a Real Lunch  
Break (No Screens!)



Identify Your Bad  
Habits



Set Better Boundaries  
with an "I Don't" List



Have Fun, Dammit



Don't Keep the Peace



### Sneak Peak into Next Week

Why driving without the GPS is good for your soul, cook when no one's hungry, replace your negative self-talk, a secret for reducing the stress of holiday gatherings (just in time for Thanksgiving!), and an alternative to Black Friday

### Your Stories

"So my brother inquired about **your book** ("Is it just for women?") and since he's turning 50 in December I'm going to order it for him."

*-- Yes! Being better is not reserved for any gender, or non-gender, for that matter. If you'd like to gift the book to anyone (of any gender identification), respond to this newsletter and tell me their name and your mailing address, and I'll send a signed bookplate you can put in the book.*

### Parting Thought

Actual footage of what's going on in your brain when you give yourself a lunch break with no screens (the subject of last Tuesday's episode, see link above)

