

#136 - Ten Ideas for a Holiday Reset

Hi, Lazy Geniuses, and happy December! You're listening to The Lazy Genius Podcast. I'm Kendra Adachi, and I'm here to help you be a genius about the things that matter and lazy about the things that don't. This is episode 136 - Ten Ideas for a Holiday Reset.

We have one week until Christmas, and it might already be time for a reset. Everything is starting to happen a bit at the same time with gifts and parties and cookie baking and events and all the things. When I filled out my Holiday Docket back in October, I didn't anticipate my son's school Christmas performance where he's in the show choir and has multiple after school rehearsals and an evening performance. Everything was very lovingly crafted and planned, but that one surprised me. We all have surprises. No matter how intentional we are, how much margin we create, things surprise us. And that's okay and normal and we'll all be fine.

So as we have this last weekend before Christmas, schools are letting out soon, we're packing up to visit grandmas and stuff - ooo, which reminds me, I'll put a link in the show notes to an episode about traveling and a blog post with all of your travel tips should you need them, but today I want to share ten ideas for a holiday reset. And frankly these are just great practices for any reset. We're talking in terms of Christmas-related stuff because it's Christmas time, but these ideas are applicable in all the seasons.

Number one, name what matters. Always number one. Always always. If we don't name, actually say out loud or write down what matters, we'll just keep doing whatever is in front of us and forget about the importance of something until it's too late. And we don't want that. So first, name what matters. Name what matters today, this weekend, next weekend on your drive to a family gathering, when you're having conversations with your Uncle Bill about politics and you want to pull your hair out. Name what matters. What is most important to you and your people today or this week? Not what do you need to get done but what matters, what is important. That context is hugely helpful in a reset.

Number two, play music. I have you covered with that one if you don't want to think about. I created nine playlists based on mood and my ten favorite Christmas albums in a blog post that I'll link to the in the show notes, but I will tell you with absolute certainty that this music makes a difference. It has in my life, and it has in many of yours. I've been tagged in so many of your stories where you're listening to the playlists or albums and are happier for them. Music makes a difference, you guys. It just does, especially music that reminds you of the season you're in and why you love it.

Number three, release the pressure of memories. It's true, isn't it? The more we pressure memories and try and manufacture them, the less they become memorable, at least for the reasons we hope. Memories are so arbitrary and organic anyway; you never know what you

might remember. Instead of moving into events and traditions and experiences with a secret expectation that everyone will remember this forever or that this is what memories are made of, release that. Memories are made when we least expect it or from seemingly insignificant things that carry more than we can see in the moment. Just be where you are, enjoy the traditions you've already created or ones you're trying out (check out my episode on traditions in the show notes if you'd like), and release any pressure that will keep you from experiencing the very thing you're after.

Number four, look at the other person, not at yourself. I read this recently in the book *Adorning the Dark* by Andrew Peterson which is a fantastic book about creativity, really solid, but he was talking about when he was at a photo shoot and how horribly uncomfortable he felt. I've done a couple of photo shoots before for this job, the most notable being for the website *The Kitchn* where they hired an actual professional photographer to take pictures of me in my house with my *Change Your Life Chicken* to go with an article profile thing they wrote about me. It was and still is quite bonkers, but I vividly remember being so uncomfortable having my photo taken. What do I do with my hands? Does my smile look weird? There are so many angles I can turn my head what is happening? It's all very strange. I even feel that way sometimes just taking family photos. When a camera goes up, we immediately start thinking about ourselves and how we appear. Andrew shared in the book that a photographer once told him something like "look at the other person. Think about the other person." Not in a, you know, imagine them in their underwear sort of way, but more there's a person there with a story and a personality, and I'm going to think about them instead of myself. What happened in that photoshoot was as Andrew thought of the other people in the room, he thought less of himself, and therefore looked more natural as his picture was taken. When we look at others, we become our natural selves because we're not so preoccupied with how we're coming across. We're just us. You're just you. Even though that advice certainly works for photoshoots, I think it also works for being a person. If you're visiting family, if you're sitting down to wrap presents and your husband isn't helping you and that hurts your feelings, if you're in line at a store for a last minute gift and everyone is cranky and mean, in all those places where we can start to get all twisty, look at the other person. Try and see their story, their personality, their humanness. It always helps us naturally tap into our own and be a kinder person.

Number five, use light. For this time of year, candles and twinkle lights and fireplaces and bonfires are the most magical things. We've been lighting all the candles in our main living area around 4:30pm and letting them burn until I go to bed. We also found - you guys, it's the best - a show on Netflix that is just a fire burning. You can even hear the crackle if you want. I mentioned it in the *Latest Lazy Letter*, but we turn it on every day. It adds such a beautiful mood to the room and helps reset me immediately. That plus candles and the tree being on? Bliss. Don't discount those tiny things. That make a big difference.

Number six, watch something. If you're in need of a holiday reset, watch a Christmas movie you love. Cozy up with a blanket and popcorn and a mug of something warm, and watch a Christmas movie. I'm sad for myself to say that I haven't done this yet. I haven't watched any

Christmas movies yet, and it's halfway through the month. I did watch A Charlie Brown Christmas with my kids because that's always a big thing we do, but in terms of myself, nothing. I need to change that. But movies and stories... and actually as I say that, if you're not a movie person, read a book that feels like Christmas. The story is what matters. Engage in a story that helps you remember what you love about the season you're in, and make it as tactile and sensory and lovely as you can.

Number seven, bake something. Bake something bake something! I think baking beautifully exists any day of the year, but especially if you live in a traditionally wintry part of the country or world, baking on a chilly day is really special. I did a little baking blog miniseries awhile back that I'll put in the show notes, along with a couple of recipes I've posted in the past. There are also four podcast episodes you can listen to. One is about actual holiday baking #44, another is about baking cookies, another about baking bread if you're more of a savory person, and the fourth idea is episode five where I have my very first conversation with Internet darling and beloved sassy ginger Jamie Golden actually about baking! We talk about other things too of course, but if you're a Popcast fan and didn't know that episode existed, you're welcome. There's also a very important post you need to read called Seven Reasons Why Your Holiday Baking Will End in Murder. Read that before you bake so your experience will involve as little murder as possible. But bake something. Take your time, enjoy the process, eat cookies for dinner, share them with others... it's good for the soul.

Number eight, make soup. I have a podcast episode about this, too, but a stressed out holiday requires soup in the reset plan. Soup is so comforting and of the earth, and if you listen to my episode first, I promise your soup will taste amazing. There's actually a formula for great tasting soups, so if you're going to do it - and I highly recommend you do for your holiday reset - doing it the Lazy Genius way will give you a super tasty soup all the rest of your soup making days.

Number nine of our ten ideas for a holiday reset, tend to yourself. Because there's so much going on and the list tends to be longer than usual and often involves things for others, it's easy to forget about ourselves. We need to tend to ourselves during the holidays. When I say tend, I mean small daily things. Sure, you can go big with a spa day or something, but you'll benefit so much more from something daily that feels almost too small to matter. If you'd like more specific ideas about what that might mean, there are two podcast episodes that will be hugely helpful. One is The Lazy Genius Guide to Self-Care which is still one of the most downloaded episodes of all 136, and The Lazy Genius Daily Act of Kindness. I'll have links to both in the show notes. But tend to yourself. It's so important.

And finally, number ten, gather. Gather people together. Invite friends over. Heat up cider and plate up some cookies and wave the neighbors over when they're out getting the mail. Have a big party, have a movie or game night, get together with girlfriends and wrap your gifts together. Just gather with your people. Community is my absolute favorite part of the holidays, so don't feel like you've missed your window to gather. It doesn't have to be fancy or involved. Just open your home, and invite someone in. And again, if you need a little extra help or encouragement,

I'll put links in the show notes for gathering as well. Blog posts like *Lazy Genius Ideas for Your Holiday Party* and *How to Never Run Out of Food at a Party*, and podcast episodes like *The Lazy Genius Guide to Hosting Anything*, *The Lazy Genius Feeds a Crowd*, *The Lazy Genius Hosts a Holiday Party*, and last week's episode about nailing your holiday vibe.

These show notes are going to be bonkers, aren't they? All the resources! I've said and written a lot of words about a lot of things, but I actually love how many words there are about things having to do with resetting, with being a person and feeling like yourself, about creating an environment that has an impact on you and the people you gather together. I love that.

So to wrap up, our ten ideas. Do them all, do one or two, but consider doing at least something to remind you of what this holiday means to you. So name what matters, listen to music, release the pressure of making memories, look at the other person, use light, watch or read something, bake something, make soup, tend to yourself, and gather.

That's all for today! Over the next two weeks, I'll have some short little encouraging episodes for you to make it through the season. And if you're a new listener or just haven't left a review before, can I ask for that as a Christmas present? Here's the thing about iTunes reviews. The more reviews, especially five star ones, the more the Apple gods say, "Hey, this show is important to people. People like it! Let's make it more visible so other people can experience it, too!" Because I believe that being a Lazy Genius can make your world a better place, I want that to happen to as many people as possible, so if you have a minute, head over to the Apple Podcast app which automatically comes on your iPhone. I don't think you can even delete it. But search for *The Lazy Genius Podcast*, and then click on leave a review. It would mean so much to me but more to the people who will see the show and feel less pressure to do everything and instead get the invitation to be a Lazy Genius. That would be the sweetest gift, so thanks to those of you who will do that.

And a quick heads up, no more Instagram lives this month. We'll take a break and pick back up in January. I'll still be on Instagram, but if you're used to spending your Thursday lunches with me, I'm honored, but go watch something cool on Disney Plus instead. Go watch that Christmas movie!

Okay, friends, that's all for today! Thanks so much for listening, and until next time, be a genius about the things that matter and lazy about the things that don't. I'm Kendra, and I'll see you next week.