



## Nine Feng Shui Tips to Eliminate Holiday Stress

### 1. **Set your holiday intentions:**

Before the holidays begin clear the energy of your space by opening up the windows and burning a sage. Spray rose oil to invite in love. Write down affirmations in the present tense in a blue journal. The color blue is a calming color.

### 2. **Be Mindful of the Colors you wear:**

The traditional colors of the season are red and green. Red represents the element of fire and green the element of wood. Fire burns wood and grows stronger. Balance the red by using colors that represent water such as blue and black.

### 3. **Clear the Clutter from Your Front Door:**

The front door is the entryway to bring in good chi and harmony. Make sure this area is clutter free, well-lit and honor this space by using your front door every day.

### 4. **Live plants:**

Healthy plants enhance the wood element and symbolize new beginnings and family relationships. The perfect thing for holidays and the New Year!

### 5. **You are what you eat:**

The holidays are full of sugar, sugar and more sugar. In order to keep good internal harmony, balance and flow select seasonal foods in the color of the rainbow.

### 6. **Take a nine-minute break each day and go for a walk:**

A walk, hike or bike ride outside will provide the fresh air needed to replenish our bodies with oxygen and help us cope with holiday stress. Take your shoes off, stand in the grass and breathe. This calming gesture will help us reduce stress.

### 7. **Place a bowl of oranges with cloves in your kitchen:**

Oranges stimulate the mind and improve your mood. Cloves stimulate balance. The combination has a powerful effect on the flow of chi and energy in the home.

### 8. **You are what you keep:**

Decluttering can increase the chi (life energy) of your home and invite change into your life. End the year by reducing your clutter and open up space for new energy to flow into your life.

### 9. **Space clearing after the holidays:**

After the parties are over and the relatives are gone, burn incense or sage throughout the house and open the doors and windows and bring in fresh air to clear out all the lingering stress. And stand in gratitude that holidays are over, and everything went well.

**Are you wearing the best colors for you? Each of us has a power color based on the five elements and the day we were born. [Sign up for my email list](#) and provide me the day, month, and year of your birth and I will send you your birth element and power color!**