

# YOUR HOLIDAY WELLNESS GUIDE

*Support for Pelvic Pain, Endometriosis & Chronic Illness*



*Survive & thrive this season with gentle strategies  
for comfort, clarity, and calm.*





The holidays should feel joyful, not overwhelming.

This guide was created to help you navigate travel, gatherings, family dynamics, and seasonal stress while living with pelvic pain or chronic illness.

Inside, you'll find practical tips, gentle reminders, and supportive strategies to help your body feel as comfortable and cared for as possible.

**You deserve a season that supports your health, not one that drains it.**

# WELCOME HOME





# WHAT'S INSIDE

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- Traveling with Pelvic Pain
- Managing Stress & Inflammation
- Gentle Movement & Pacing
- Hydration, Rest & Self-Care
- Flare Management Cheat Sheet
- Boundaries & Emotional Wellness
- Family & Partner Communication
- Preparing for the New Year
- Mini Pelvic Relaxation Routine





# MANAGING PELVIC PAIN WHILE TRAVELING

01

## Before You Go

- Light stretching
- Hydration
- Wear non-restrictive clothing
- Bring meds, heat wraps, comfort tools

02

## During Travel

- Adjust seating: lumbar support, soft hips
  - Take standing/walking breaks every 45–60 mins
  - Do gentle ankle pumps + glute relaxations
  - Ask for aisle seating if helpful

03

## What to Pack

- Heat patches
- Electrolytes
- Compression socks
- Flare kit
- Snacks
- Neck pillow
- Comfy clothes





# STRESS + INFLAMMATION MANAGEMENT

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## *Before You Go*

Stress activates the nervous system, which can increase pelvic floor tension and worsen pain.

### 01

#### **Supportive Tools:**

- 4-7-8 breathing
- Box breathing
- Guided meditation
- 3-minute grounding scan
- Warm shower before gatherings
- Step outside for 1-2 minutes of quiet

### 02

#### **Quick Reset Ritual:**

- Shoulders down
- Unclench jaw
- Deep breath
- Low belly softness





# MOVEMENT & PACING

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## *Movement Ideas:*

- Slow walks
- Hip circles
- Cat/cow
- Supported child's pose
- Seated twists
- Pelvic drop breathing



## *Pacing Tips:*

- Alternate activity + rest
- Leave early if needed
- Choose one event per day
- Don't apologize for listening to your body





# HYDRATION, REST & SELF-CARE

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## Hydration reminders:

- 2–3 water bottles per day
- Add electrolytes if sweating, traveling, or flaring

## Rest Ideas:

- Warm bath
- Weighted blanket
- Gentle stretching before bed
- 10-minute “no phone” window

## Self-Care That Helps Pelvic Pain:

- Heat pads
- Loose clothing
- Belly breathing
- Lavender, peppermint, or eucalyptus





# FLARE MANAGEMENT CHEAT SHEET

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## *What To Do When a Flare Happens*

01

### **Positions:**

- Supported butterfly
- Elevated legs
- Side-lying with pillow between knees

02

### **Comfort Tools:**

- Heat
- Magnesium
- Peppermint tea
- Comfy clothing

03

### **Avoid:**

- Long sitting
- Rigid clothes
- Forcing activity

04

### **When to reach out:**

If pain significantly worsens or doesn't improve.





# BOUNDARIES + EMOTIONAL WELLNESS

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*Scripts You Can Use:*

“I’d love to stay longer, but my body needs rest.”

“Thank you for understanding, I need a break.”

“I can’t attend this year, but I appreciate the invite.”

“Please don’t take it personally, I’m taking care of myself.”



*Reminders:*

You don’t owe anyone explanations.  
Rest is responsible, not selfish.

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# FAMILY & PARTNER COMMUNICATION



## **Explain pelvic pain simply:**

“My pain isn’t predictable, so I’m taking the season day by day.”

## **Ways partners can help:**

- Handle logistics when you’re flaring
- Quiet time resets
- Advocate on your behalf
- Offer support instead of solutions





# NEW YEAR PREP

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## *Preparing for a Better Year Ahead*



### **Consider tracking:**

Pain levels • cycle • digestion • flares •  
triggers

### **Questions for your January visit:**

- What patterns should I pay attention to?
- Are there referrals I should consider?
- What are realistic treatment goals for 2026?





# MINI PELVIC RELAXATION ROUTINE

01

## **Belly Breathing (1 minute)**

Inhale ➤ belly softens, exhale ➤ pelvic floor drops.

02

## **Supported Butterfly (2–3 minutes)**

Knees open with pillows for support.

03

## **Pelvic Drop + Jaw Release (30 seconds)**

Relax jaw ➤ pelvic floor softens automatically.

