

[00:03](#)

Hey there, this is Shawn with The Abundant Mama project. Thank you so much for tuning in and I'm back. Thank you for your patience. We have taken a very long break, a much needed break in fact, but we're back and this time we're back until the end of the year. I'm super excited to talk to you and bring you some good abundant mama wisdom to get you through the rest of this year. Today I am talking about a topic that is so near and dear to my heart and that is about being a small family during the holiday season. One of the struggles that I have had personally over the years is being a small family, especially at the time of year when all families are getting together and celebrating and having just great old time baking cookies. And we actually don't have that kind of family around to do that with. Recently inside the abundant mama peace circle, I asked the ladies what their struggles are around the holiday season. I want it to be able to help address some of those issues and struggles and problems and concerns, um, that they were encountering and I was, I'm hoping to do that in our December month. And one of the topics that clearly came up, and this is not surprising, is the topic around being a small family, not having family around to make it feel special.

[01:54](#)

Let's face it, when you're a small family and you don't have family around a holiday, dinner feels like just another dinner, right? When you're talking about life with kids, you've done all the cooking. You'll have to do all the dish washing and you have had the responsibility of making it all special. There is such an enormous amount of shame that goes on with women who are in this situation, this idea that we aren't good enough because we don't have a family around to do things with. And this kind of shame can really come up as many different feelings. Obviously, sadness or depression, the land of bitter and sour rises up within us. Anger, jealousy. If you're a small family as we are, you might be struggling with these things or maybe you have in the past. Maybe you've come to terms with it, but I know many still have not. One of the things I love to talk about inside the Abundant Mama Peace Circle is this concept of mothering ourselves. Not every, not every one of us has a mother around either due to death or long distance or even estrangement and holidays bring a lot of that up for us because we remember what it was like for our moms to do their thing during the holiday season and I think a lot of us are trying to live up to that expectation that we have in our minds. Whether it's from how we wanted our childhood holidays to go or whether it's how our family created our holidays to be.

[04:14](#)

Whatever the expectation is, we bring it and we bring it hard for the holiday season for our own children. Among the topics that we're talking about inside the peace circle, which is my group coaching program. Very affordable. Is this idea of enoughness, particularly around the holidays, but in and around everything and what I keep challenging the group with is this just what is enough and how are we teaching that to our children? When we were kids, things were like exactly as we love them, right? We wanted them to be exactly as they were because that was what we knew. Now our children have a completely different experience, but we're still living in our heads. We're still living in the memories. Yes, it can be very lonely around the holidays. It's up to you to create the magic and the delight and the joy, not just for your family, but for yourself. This is your ultimate goal, and yet it's also a huge stressor. This idea of trying to be super woman who makes it all perfect. As I'm sitting here recording this, I'm thinking about the abundant mama savoring slow manifesto and how appropriate it is for those of us with small families coping through the loneliness of the holiday season.

[06:24](#)

So let me just read that little manifesto to you right now as we kick this podcast off. Ban The word busy. Unplug often, own less, do less, spend less, live intentionally. Breathe, do a lot of nothing. Make up your own rules. Choose meaningful over more. Savor everything. Take the simple path, gaze at the clouds, cut out the noise. Do one thing. In my book, savoring slow I talk a lot about this concept of being busy, but I also talk a lot about being present, slowing down enough to be present, and that's what we have to lean into when we are a small family during the holidays, we have a unique position to be fully present in our children's lives and creating memories of the mom who was paying attention, not distracted talking to everyone else, but the mom who was paying attention to me, that is a powerful gift that is maybe the best gift that will never, ever, ever be under a tree. Of course, loneliness has its own path that we must deal with and cope with. That's why I encourage you to get on our email list and get those tips and get that inspiration and that wisdom because it is a journey and it needs to be addressed and it cannot be stuffed down inside of us. It needs to come out.

[08:45](#)

You are not alone. I promise you. I have a whole community of women who thought they were alone and now they know that they're not. So how do we cope through this loneliness of the holiday season? Well, number one, we practice gratitude straight from the abundant mama online program and now the home study. Our first pillar, gratitude and abundance is the way. Thank you to everyone who participated in our gratitude is a super power, is my super power pop up class. We did that in October and wow, we had such an amazing turnout, so many fabulous women signed up and did the work. Those lessons that we did in that pop up class, it was totally free, are the first three lessons inside the abundant mama online program. The home study. We also have more lessons on this topic because honestly, until you get it, you don't get it, and so the lessons are really designed to help you really change your mindset around gratitude and abundance. We can put that practice into play during the holidays. We must. It's essential. It's the biggest tip that I can give you. Look for the light, the good things, the beauty. This is when we can also notice the advantages that we have as being small families. First, there's the quiet. As highly sensitive moms, we need that quiet. We know that our stress levels will become too great if we have too much chaos, too much clutter, too much busyness.

[11:04](#)

We can also be grateful for the opportunity to do things our way, which brings me to the next tip, which is to be authentic, be you let your freak flag shine. If you want to do Chinese takeout on Christmas Day, you can do that. One of our favorite things to do on those holidays is to get the family in the car and go for a hike. Get out in the natural world and see things. Everyone is quiet, the world is quiet. We get the whole place to ourselves. Find a way make it fun and unique for you. Find a way to make it easy for you, and that brings me to one of our favorite concepts that I love to coach women through inside the abundant mama peace circle. And that's the concept of mothering yourself. Those of us without family around feel that loss greatly. In fact, a lot of the women inside the Peace Circle have mothers who have passed away, mothers that they're estranged with or mothers who live many, many, many miles away and this leaves them with a big hole. They want to be mothered. They want to feel like the child that they were when they were a kid. They want someone to take care of them, but this is not easy when you are alone at the holidays, but you can take care of yourself, you can do for yourself the things that you know, that you need. You know how to care for yourself, and this is your opportunity to do so without all the crazy rushing around. So go ahead and buy yourself

that one sweet little gift that will nurture you and fill you up. And finally my other tip here is to use this opportunity to be present, to lean and to give your kids that great, wonderful gift of you.

How precious that is to be someone who can just be all in and sitting on the floor, putting that puzzle together or dancing in the kitchen or snuggling by the fire or the tree or on the couch, under a blanket, reading a book together. These are the memories we are trying to create. They are the memories that stick. They are the gifts that keep on giving. It's not easy being a small family in a world with the media telling us that everyone else has big, huge family, joyful family celebrations with big feasts and lots of laughter and it's easy to feel like you're missing out on, but you're only missing out on what you have created in your mind. The story in your mind of this ideal fantasy doesn't really exist. What exists is what is here right now, your family, your budget, your house. So keep it simple, Ban the word busy, unplug often, own less, do less, spend less, live intentionally. Breathe, do a lot of nothing. Make up your own rules. Choose meaningful over more. Savor everything. Take this simple path. Gaze at the clouds, cut out the noise, do one thing.

Thank you so much for listening to this podcast episode. This is our holiday sanity series. We're going to cover a lot of topics over the next several weeks, including the end of the year and planning for the new year resolutions and goals and why they're starting to become my nemesis. I appreciate you showing up and I would appreciate it even more if you would please share this episode with one friend or if you are on social media and you care to share with many friends, I would take that as well. Part of this community is in the sharing, the passing along and the paying it forward and then making sure that we're looking out for others. So if you know a woman, a mom who may be feeling lonely this holiday season, please forward this to her. Thank you so much for listening and I will talk to you all very soon. Have a fabulous week.