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2025 December Resources

# Cozy Holiday Night In

**Prep Time**
10 Minutes

**Serves**
Your Nervous System

**Pairs Well With**
Soft Lighting, Zero Guilt, and Your Favorite Mug

**Pro Tip**

This recipe is flexible. Use what you have. Skip what you don't. Repeat as needed. Add peppermint or pajamas as desired.

## Ingredients

- 1 pair of fuzzy socks or softest sweats
- 1 warm beverage (hot cocoa, tea, mulled cider– dealer's choice)
- 1 comfort food or easy snack (popcorn, cookies, or soup from a can counts!)
- 1 blanket fort, weighted blanket, or oversized hoodie
- A sprinkle of twinkle lights or candlelight
- 1 episode, movie, book, or playlist that makes your heart exhale
- A handful of deep breaths and phone-on-silent
- **Optional:** 1 pet, loved one, or "do not disturb" sign

## Directions

1. **Set the Mood:** Dim the lights. Turn on soft music or background ambiance (fireplace YouTube videos count). Light a candle or plug in those string lights you keep forgetting to use.
2. **Layer the Comfort:** Slip into your coziest clothes, grab your fluffiest blanket and nestle on the couch.
3. **Mix Your Mug:** Heat your favorite drink and hold it with both hands to stay warm.
4. **Add One Nourishing Activity:** Watch something nostalgic, read one chapter, journal by candlelight, or knit one row.
5. **Simmer in Stillness:** Let the silence stretch. Let the sighs be long. Let yourself not be productive.
6. **Serve with Grace:** No chores. No multitasking. No guilt. Just one cozy evening made just for you.