



The Grinch Jar

We all know that the holidays are a stressful time. Even the most enjoyable events can sometimes come with pre-event craziness and stress.

So what do you do when you feel the grinch creeping into your head? You need to release it before you burst and lash out at whoever is closest to you!

So my gift to you this holiday season, is this Grinch jar kit. All you need is an empty jar or box with a lid, scissors, and the attached printable.

Print and cut apart the cards on the sheet and decorate your jar or box however you would like.

Whenever you feel the Grinch in you approaching, write your frustration on the attached cards and tuck them away into the jar until the holidays are over.

The act of writing it down gets the frustration out of your head, and putting it in the jar puts it on hold so that you don't have to deal with it until later so you can focus on enjoying yourself.

When the holidays are over, I will post a companion piece to help you address and release the grinchiness in the jar!

So get your Grinch out and get to the good stuff!

Enjoy your holidays!!!

Warmest Wishes,

Tina





