

# 7-Day Quiet December Reset

A simple path to rest, renewal, and gentle emotional care.

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# Introduction: An Invitation to Rest

**"Come to me... and I will give you rest."** (Matthew 11:28–30)

This reset is built around that invitation.

It draws from three foundations:

## 1. God's Rest — Matthew 11:28–30

### A Shared Burden

Jesus invites us to share our burdens with Him, making them lighter.

### A Partnership

His yoke is easy, His burden light—a partnership in grace, not labor.

### A Path of Discipleship

Learning from Him leads to true rest for our souls.

Not rest you earn, but rest you receive; not striving, but simply being with Him.

## 2. The Way Jesus Rested

Jesus' own rhythm teaches us that rest is:

### Spiritual Renewal

Withdrawing to be alone  
with God

### Trust

Laying burdens down in  
God's care

### Boundaries

Saying "no" to the crowds  
when needed

### Relief for the Weary

"I will give you rest"

### Choosing What Matters

Mary at His feet over  
Martha's many worries  
(Luke 10:38-42)

# 3. DBT REST + ACCEPTS Skills — Supported by Scripture

These skills come from Dialectical Behavior Therapy, created by Dr. Marsha Linehan. But they are also deeply aligned with the spiritual wisdom found in Scripture.

Just as Paul teaches in **Philippians 4:11–13**, contentment is something we *learn*: "I have learned to be content whatever the circumstances... I can do all things through Christ who strengthens me."

DBT skills help us practice this kind of contentment — accepting what is, caring for our body and mind, and growing in wisdom. They help us quiet the internal noise so we can hear God more clearly.

## REST (used every day)



### Relax



### Evaluate



### Set an Intention



### Take Action

## ACCEPTS (one each day)

Simple skills to calm emotional intensity so you can return to your wise, grounded, Spirit-led mind.

A: Activities

C: Contributing

C: Comparisons

E: Emotions

P: Pushing away

T: Thoughts

S: Sensations

These psychological tools and biblical truths work together, creating space for rest, gentleness, and renewal. Take your time. Move slowly. Let this be a soft place to land.

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## DBT ACCEPTS: Skills for Emotional Calm

When intense emotions threaten to overwhelm, DBT ACCEPTS skills offer practical ways to calm intensity and regain balance. These strategies create space for thoughtful response, not impulsive reaction.



### Activities

Engage in calming activities to shift focus from distress.



### Contributing

Boost self-worth by performing acts of kindness or volunteering.



### Comparisons

Gain perspective by comparing your situation to less fortunate ones, or past triumphs.



### Emotions

Shift emotions by seeking experiences like uplifting music or funny videos.



### Pushing Away

Temporarily distance yourself from overwhelming situations physically or mentally.



### Thoughts

Redirect your mind with engaging mental tasks: puzzles, counting, or reading.



### Sensations

Ground yourself with intense physical sensations: holding ice, cold showers, or aromatherapy.

# DBT REST: A Daily Practice for Grounding

The DBT REST framework offers a simple yet powerful sequence for navigating daily stressors, cultivating peace, and choosing responses aligned with your values.



## R - Relax

Intentionally relax your body and mind through deep breathing or a quick body scan. Bring yourself to the present moment, creating a calm foundation.



## S - Set an Intention

Based on your evaluation, decide your wisest response. Set an intention for the next few minutes or hours that aligns with your core values and promotes well-being.



## E - Evaluate

Observe thoughts, emotions, and sensations without judgment. Acknowledge the current internal and external situation with gentle self-awareness.



## T - Take Action

Take one small, deliberate action towards your intention. This solidifies your commitment to intentional living and spiritual connection.

By practicing REST, you learn to respond to life with greater calm and clarity.

# DAY 1 — Activities

*A beginning shaped by invitation.*

1

## Scripture for the Day

Read Matthew 11:28–30 slowly. Notice the words that feel like rest.

2

## Reflection

What feels heavy right now?  
Which part of Jesus' invitation stands out to you?

3

## REST Practice

**Relax:** Take 3 slow breaths.

**Evaluate:** Name what you feel — one word. **Set an**

**Intention:** What do you need today? **Take Action:** Choose one gentle step.

4

## ACCEPTS — Activities

Choose a simple calming activity: making tea, stretching, lighting a candle, coloring, tidying one drawer, looking out a window.

5

## Journal

What activity helped your mind settle today?

# DAY 2 — Comparisons

*Learning to see clearly.*



## Scripture Practice

Begin memorizing Matthew 11:28–29. Write the first sentence once. Read it aloud twice.

## REST Practice

Use this breathing rhythm today: inhale for 4 → hold for 2 → exhale for 6.



## ACCEPTS — Comparisons

Not unhelpful comparison. But perspective comparison.

- "I've survived harder moments than this."
- "I handled something similar before."
- "I'm growing."

## Reflection

How does healthy comparison bring perspective rather than pressure?

# DAY 3 — Emotions

*Listening to what your feelings are trying to say.*



## Scripture Practice

Cover one line of Matthew 11:28–29 and try recalling it from memory.



## REST Reflection

Did you use REST yesterday?  
How will you use it today?



## ACCEPTS — Emotions

Shift your emotional state gently: listen to soothing music, look at comforting images, sing, or watch something uplifting.

## Journal

What emotion is loudest today? What emotion is underneath it?

# DAY 4 — Contributing

*Quiet service creates quiet joy.*

## Scripture Practice

Whisper Matthew 11:28–30 once. Notice the gentleness.

## REST Practice

Pause at midday. Use **REST** to reset your tone for the afternoon.



## ACCEPTS — Contributing

Do one small act of kindness: send a text, pray for someone, offer encouragement, hold a door, speak gently.

Service softens distress.



Send a text



Pray for someone



Offer encouragement

## Reflection

How did contributing shift your focus today?

# DAY 5 — Pushing Away

*Letting go for just a moment.*

## Scripture Practice

Repeat your memory verse. Write down any words that feel new today.

## REST Reflection

How will you use REST tomorrow?



## ACCEPTS — Pushing Away

This is not avoidance— it is *temporary space*.

Place the worry on a mental shelf. Tell yourself, "I'll think about this at 6 PM."

## Journal

What worry needs a little space today? Is this something you will place in God's hands?

# DAY 6 — Thoughts

*Shifting the mental atmosphere.*

## Scripture Practice

Memory practice again. Write the full passage if you can. No pressure for perfection.



## Reflection

Which thought-based distraction helped most?

## REST Reflection

Imagine how you might use REST next week. Which situations might call for it?

## ACCEPTS — Thoughts

Distract your mind with intentional thinking:

- Count backward
- Recite scripture
- List 5 things you see
- Repeat a grounding phrase

# DAY 7 — Sensations

*A full-body exhale.*

## Scripture Practice

Write Matthew 11:28–29 by hand. Let the writing slow you down.

1

2

## REST Reflection

What were the benefits of using REST this week? Did anything surprise you? Did it feel different than you imagined?

## ACCEPTS — Sensations

Use your senses to ground your body: hold something warm, take a cool shower, wrap up in a blanket, smell something soothing, touch calming textures.

3

4

## Reflection

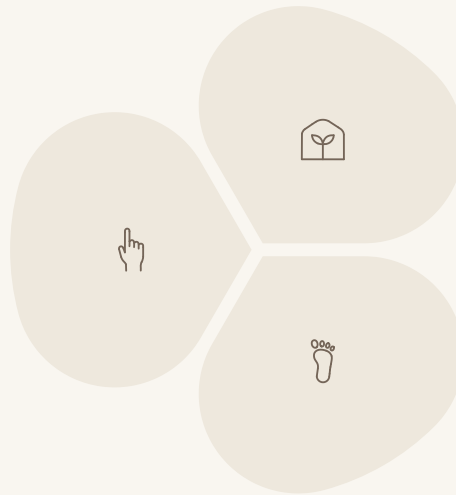
Which sensations grounded you most? Where did you feel God's rest?

# Summary — A Quiet Benediction

Rest is rarely loud. It grows slowly, like roots in winter.

## Jesus' Rest

You opened your heart to the rest Jesus gives



## Skills Learned

You learned skills that support emotional wisdom

## Small Steps

You experienced that rest grows from small, steady choices

Carry this ease with you. Return to REST whenever the day feels heavy. Let Matthew 11 settle into your bones. And let this gentleness mark the days ahead.

- 📖 **Need more support?** We don't have to go at it alone. Strengthen these skills or get more help for any mental health challenges you may be facing - contact your primary care physician or a local mental health provider.

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## 📖 Write a Prayer

Take a moment now to write a prayer of gratitude, surrender, or hope. Let your words be simple and honest.