



Savor the season

Stay mindful through the holidays

The holidays can be a wonderful time. But they can also be a bit overwhelming. Luckily, there are things you can do to stay mindful and well all season long.

WHAT IS MINDFULNESS?

Mindfulness is paying attention — on purpose — to whatever is happening in the present moment. It means being aware and keeping an open and curious mind.

Celebrate serenity

Try out these tips for greater peace of mind.



PLAN AND PREP

Set a budget

Don't stress over holiday spending. Set a realistic budget and stick to it.

Wash your hands

You may be in contact with more people and exposed to more germs. Sanitize everything for peace of mind.

Ditch your devices

Unplug from work and social media. Allow yourself to be fully present with those you spend time with.



PRACTICE SELF-CARE

Eat mindfully

Pay attention to what's on your plate. Chew slowly and take time to enjoy every bite.

Get enough sleep

Stress and fatigue can lead to impulse eating. Aim to get at least seven hours of sleep a night.

Exercise regularly

Staying active can help you manage stress and burn calories.

Practice gratitude

The act of feeling grateful can boost your happiness and enhance your well-being.

**If the holidays have you feeling stressed, you're not alone.
Don't be afraid to reach out for support.**

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