



## HR Healthy Hub

### Prioritizing Family Time and 'Me Time' During the Holiday Rush

The holiday season is often filled with commitments, events, and long to do lists, making it easy to lose sight of personal wellbeing and family connections. Amid the busyness, it's essential to carve out time for yourself and your loved ones to avoid burn out and staying grounded. Here are some strategies to help you balance it all:

**Set Boundaries:** Be selective with your social calendar. It's okay to say "no" to events or activities that don't align with your priorities. Decide which events are most important and gracefully decline others. Protecting your time allows you to focus on what matters most—quality time with family and self-care.

**Create Family Traditions:** Engaging in activities that bring joy and connection, such as baking cookies, decorating the house, or hosting a game night, strengthens family bonds. Traditions not only bring warmth and fun to the holidays but also create lasting memories.

**Schedule 'Me Time':** Block out time for yourself in the same way you would for any important event. Whether it's reading, exercising, or enjoying a quiet cup of coffee, personal time allows you to recharge, making you more present and engaged when spending time with others.

**Unplug Regularly:** Technology can be a huge distraction, even during family gatherings. Designate tech-free zones or times, especially during meals or family activities, to ensure deeper connections and more meaningful interactions.

**Practice Mindful Presence:** With so much going on, it's easy to feel distracted. Try to be fully present during family moments. Put away devices, reduce multitasking, and immerse yourself in conversations and activities with your loved ones.

**Delegate Tasks:** Don't try to take on everything yourself. Involve family members in holiday planning, from meal prep to decorating, to lessen your load and turn chores into opportunities for bonding.

By being intentional with your time and energy, you can create a holiday season that is joyful and rejuvenating. Taking time for yourself and your family will not only help you recharge but also strengthen the relationships that matter most. Prioritizing what truly brings joy during the holidays can make the season more meaningful for everyone involved.

# November Event Recap



Special Olympics Breakfast of Champions



Cancer Care Resources Fashion Show



Sand & Water Expo



Harvesting Hope for Veterans

## December Events

### **Wednesday December 3, 11:15am-2pm**

Anderson Toyota sponsors Faith and Grace Luncheon.

Location: Shugrue's Bridgeview Room

### **Friday, December 5, 5-9pm**

Anderson Auto and Powersports Group sponsors Holiday Hoedown.

Location: Knights of Columbus

### **Friday & Saturday, December 5-6, All Day**

Anderson Auto and Powersports Group sponsors Desert Bash

Location: Standard Wash

### **Saturday December 6, 5-8pm**

Anderson Auto Group sponsors Street of Lights

Location: Beale Street

### **Saturday December 6, All Day**

Anderson Powersports sponsors Hole in One for Toys for Tots

Location: Lake Havasu Golf Club

### **Friday December 12, 4-6pm**

Anderson Toyota sponsors Toy Drive.

Location: Anderson Toyota

### **Saturday December 13, All Day**

Anderson Powersports sponsors Hole in One for Keeping Hope Alive Golf Tournament.

Location: Lake Havasu Golf Club

### **Saturday December 13, 10-11am**

Anderson Auto Group sponsors Wreaths of America.

Location: Mountain View Cemetery Associates

### **Saturday, December 13, 6pm**

Anderson Auto and Powersports Group sponsors Boat Parade of Lights.

Location: The Channel

### **Saturday, December 13, 5pm**

Anderson Auto and Powersports Group Holiday Party.

Location: Kokomo

### **Saturday, December 13, 9am-1pm**

Anderson Chevrolet Sponsors Photos with Santa

Location: Anderson Chevrolet

### **Saturday, December 13, 10-11am**

Anderson Auto Group sponsors Kingsmen Holiday Event.

Location: Rodeo Grounds

### **Wednesday, December 17, 3-3:30pm**

Anderson Powersports Groundbreaking and Ribbon Cutting.

Location: 2801 Highway 95

### **Friday December 19, 4-9pm**

Anderson Chevrolet sponsors Colorado River Corvette Club Christmas Awards Banquet.

Location: Riverside Hotel and Casino

## Anderson Anniversaries

Congratulations to employees celebrating 10 or more years in November with Anderson Auto and Powersports Group - we appreciate you!

Employee	Years	Store
<b>Jason Anderson</b>	<b>26</b>	<b>AAG</b>
<b>Richard Roberts</b>	<b>24</b>	<b>CDJR</b>
<b>Cody Bush</b>	<b>24</b>	<b>Toyota</b>
<b>Lee Walsh</b>	<b>16</b>	<b>Toyota</b>
<b>Joe Collins</b>	<b>16</b>	<b>Toyota</b>
<b>Shannon Blanton</b>	<b>11</b>	<b>Toyota</b>