

Holiday Wellness Guide

How to De-Stress and Enjoy

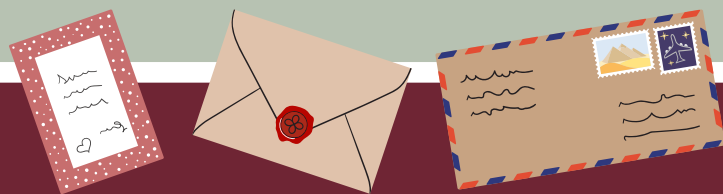
Being mindful of your emotional wellness can transform how you experience the holidays and how you show up for others in the new year. Here are simple ways to stay balanced, energized and grounded through it all.



Simplify

You don't have to do it all.

- Choose one event to fully enjoy instead of five to rush through.
- Swap perfection for presence — people remember how they felt, not how things looked.



Nurture Real Connections

Reaching out matters more than reaching perfection.

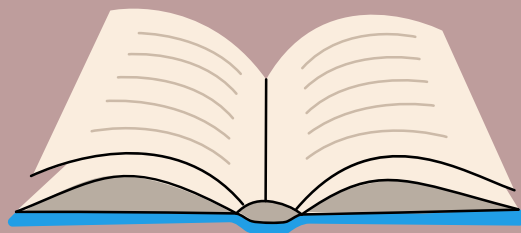
- Write a quick note of appreciation to a friend, client or neighbor.
- Send a heartfelt holiday card to remind people they're on your mind and in your heart.



Protect Your Peace

Schedule "quiet time" like any other appointment.

- Start your day without screens. Instead, light a candle, enjoy a warm cup of coffee or tea, and set one simple intention.
- Say no when needed. A "peaceful no" creates space for a "meaningful yes."



Fuel, Refuel and Rest

Give yourself the gifts of kindness and care.

- Eat balanced meals, hydrate often and enjoy treats without guilt.
- Step outside for fresh air — even five minutes can reset your mind and body.
- Set time aside to read, meditate or nap.
- Sleep in when you can.