



## Thriving During the Holidays



### Your Guide to Thriving During the Holiday Season

- Take the time to really think about what you want to get out of the holiday break
- Slow down & don't sweat the small stuff
- Put your phone away as often as possible!
- Think about who you really want to spend quality time with & make it happen
- Get in some walks and exercise
- Indulge without guilt
- Start planning your ideal 2018
- Have a clean out, de-cluttering is proven to reduce anxiety
- Use this time as time to think & process all that happened in 2017
- Enjoy Summer, try something new & out of your comfort zone

*Merry Christmas & Happy New Year!*