



# 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

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Try out these tips for greater peace of mind.



## PLAN AND PREP

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### 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

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### 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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45.03.932.1 (12/21)

