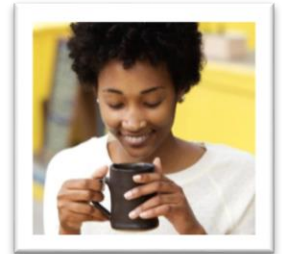


HAPPY HEALTHY HOLIDAYS

WEEK 3: ME TIME DURING THE HOLIDAYS

You're going to this event today, and another event the day after. You still have to plan the big family dinner and clean the house. When the holidays are here, the "to-do" list exponentially grows, doesn't it? Your typical routine is disrupted due to your many obligations for your family, friends, co-workers, and more. It's easy to get burnt out during this time of the year, so it's important to make time for yourself in order to feel balanced and refreshed.

How to Make Time for YOU



- Realize that you deserve time to yourself because self-care is important and you do not have to feel guilty about it
- Schedule certain time blocks for you:
 - Wake up 30 minutes earlier to spend some time doing things that you enjoy
 - You can use this time to drink tea, journal, meditate, exercise or other activities that fuel your body, mind and spirit
- Schedule bi-weekly or monthly treats for yourself, such as going to the spa, going to see a movie, trying the restaurant that you've always wanted to try, or anything that you rarely get to do
- Buy sporting, concert, festival, and other event tickets in advance
- Treat yourself to lunch with a friend or go by yourself
- Take a nap to recharge
- Take a break from technology



- Embrace Reality
 - We dream of the perfect holiday with the perfect family and perfect party that people talk about for months. When things do not meet our expectations, we feel disappointed. Let go of false illusions and celebrate the blessings that you have in your life.
- Reserve your energy for things that really matter to you.
- Practice the art of saying no
 - You don't have to do or attend everything during the holidays.
 - Know your limits, and do things that feed your soul.