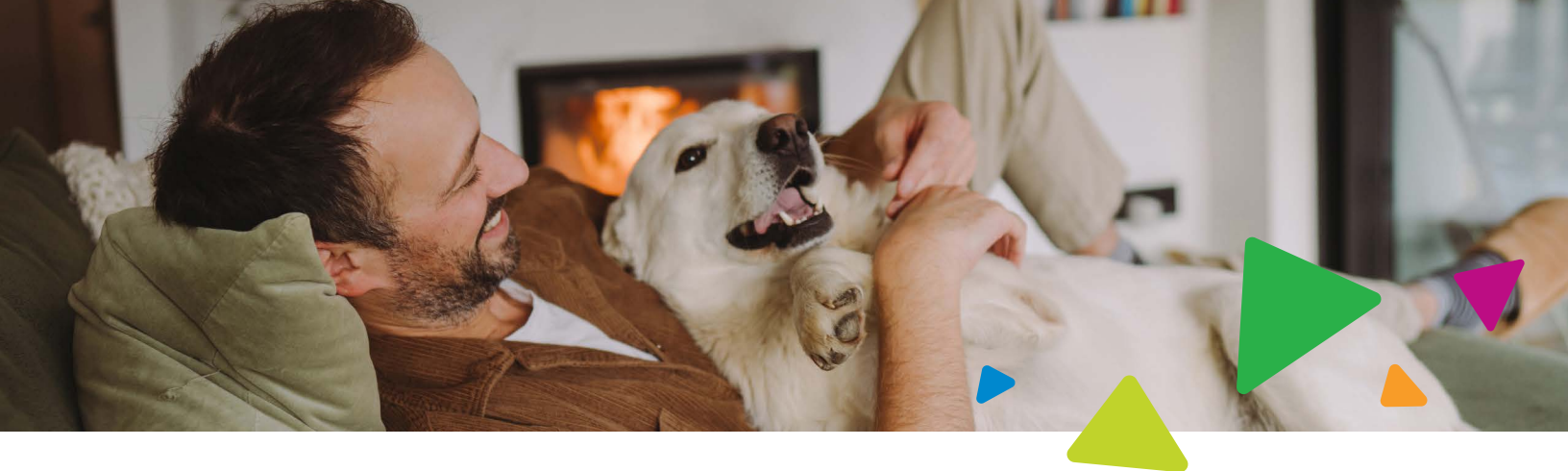




December is National Stress-Free Family Holidays Month

Gifting presence: Making time for self-care

The holiday season often comes wrapped in ribbons of joy—but also tangled in stress, unrealistic expectations and exhaustion. This year, focus on reducing seasonal stressors and prioritizing wellbeing, connection and quality time.

Slow down and approach the holidays with more heart and less hustle, remembering that the most valuable gift you can give is your full, present self.

Self-care is essential, not selfish

Too often, we put ourselves last on the to-do list. But remember, your emotional wellbeing is the foundation for being able to truly show up for those you love. Here are five simple ways to nurture yourself each day:

- 1 **Start each day with intention.** Even 10 minutes of quiet can shift your energy.
- 2 **Say no, gracefully.** Boundaries are a beautiful act of self-respect.
- 3 **Establish tech-free time.** Be authentically there. Listen fully and laugh freely.
- 4 **Move your body mindfully.** Stretch. Walk. Breathe.
- 5 **Rest unapologetically.** Renewal comes through sleep, stillness and true downtime.

Choose peace over perfection

You don't need a perfect dinner or fancy decorations to make the holidays special. Focus on connection, laughter and shared moments. Order takeout, wear comfy clothes and do what nourishes you, not what drains you.

In a season full of noise, choose presence. Give yourself permission to rest, breathe and *just be*, so you can show up fully for the ones who matter most.



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