

# mindful tips FOR THE holidays

## *pace yourself*

**Self-care and pacing** are key if you want to stay healthy and actually enjoy the holiday season.

•**For three minutes, three times a day, stop briefly.** Bring your attention to your breath and body in the moment.

•**The perfect present this year might just be your presence.** The pressure we put on ourselves to find the “perfect” gifts. The focus on the thing or gift can eclipse actually connecting with the people we’re buying for.

*Make it a point to*

- Get enough sleep**
- Fit in exercise**
- Tend to your needs**

## *what do you appreciate?*

**Be mindful of the reason of the season.** If you can focus your attention on the gifts already in your life, the holidays will likely be far more enjoyable and fulfilling. **What are you grateful for, really?**

Think of the small things that create richness in life. The more attention you bring to these trivial joys, the more of them you’ll notice, everywhere, even long after the holidays.

## *savor the food*

## *smile, breathe + go slowly*

## *take breaks*

## *foster connections*

**friday inspiration**

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