



healthy holiday REMINDERS

*Self-care is a vital
component of health.*

- 1. WATER YOURSELF** - Drink an extra glass of water.
- 2. MOVE YOUR BODY** - Engage in at least 15 min. of exercise/day.
- 3. SLEEP** - Give yourself a good night's rest or add in a nap.
- 4. STRESS LESS** - Watch a comedy + have a good laugh.
- 5. EAT EMPOWERED** - Don't go to holiday parties hungry.
- 6. GET** adjusted.
- 7. SUNSHINE** - Get some fresh air + 10 min. of sunshine.
- 8. BE PRESENT** - Connect with your friends/family + practice active listening. Don't forget that your presence is the *gift*.
- 9. NOTICE THE JOY** - Be grateful, change your perspective + focus on what is going right.
- 10. BREATHE** - If you feel anxious or stressed, breathe in for 4 seconds and breathe out for 5 seconds.



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