



## 12 tips of

## Christmas mindfulness



- Connect with loved ones 1.
- Make a plan and get organised 2.
- 4.
- Take breaks to keep stress at bay 5.
- Set realistic expectations 6.
- Stay active and get fresh air 7.
- Talk to someone if you need 8.
- 9. Give – either a gift or your time
- 10. Ask for help if you're struggling
- 11. Learn to say "no" without feeling guilty
- 12. Give yourself permission to have a quiet Christmas







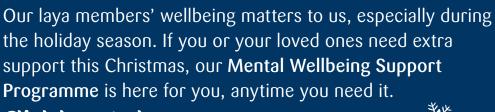












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