



# Practice 12 days of mindfulness!

Take time each day to pause, take a few deep breaths and reconnect with the present moment.

Visit your member website for more information.





# Practice random acts of kindness.

Help someone when they don't expect it. Wave someone ahead of you in line. Smile at people you see in the store.

Visit your member website for more information.





# Focus on the meaning of the season.

Holidays aren't just about gift-giving. Show your family and friends you care by calling them, sending a text or mailing a card.

Visit your member website for more information.





# Make gratitude fun!

At a holiday gathering, ask everyone to share three things that they are grateful for and learn something new about your family and friends.

Visit your member website for more information.





# Do something restorative.

Unplug your media. Take a walk.  
Cuddle your pet. Grab a coffee with  
a friend. Try a new recipe.

Visit your member website for more information.





# Take a moment for yourself.

Block out “me time” during the week. Try doing nothing for 10 minutes. Allowing yourself these solo moments prevents burnout.

Visit your member website for more information.





# Remember what you love about people who cause friction.

Agree to disagree. You can't change people, but you can control how you react to them.

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