

# Bring mindfulness to the holiday season

It is normal to feel stress during the holidays. Learn how to reduce stress and practice mindfulness, and you may enjoy the holidays more.

**What is mindfulness?** Mindfulness is focusing your awareness on the present moment, without reaction or judgment. Practicing mindfulness improves relationship satisfaction, reduces stress in relationships and increases empathy.



**How to get started?** Scan the QR code to complete a brief, three-minute breathing exercise. Focusing on the breath can help you gain a sense of control over your stress. And the more control you have over your stress, the better you'll feel.

Visit your member website for more information.