



h o w t o
Keep yourself
HEALTHY ^{and} HAPPY
during the *Holiday* season

- 1 Eat healthy & get plenty of rest.
- 2 Prioritize your schedule and know your limits.
- 3 Stay active to maintain energy & reduce stress.
- 4 Focus on the positive & what matters most to you.
- 5 Treat yourself to something special.
- 6 Fill your home with Christmas scents & music.
- 7 Give yourself a break & stop obsessing over doing it all.
- 8 Spend some quiet time during the holiday season.
- 9 Power down devices & take a tech break.
- 10 Enjoy the spirit of Christmas & remember the reason for the season.

"Today in the town of David a Savior has been born to you; He is **Christ the Lord**. This will be a sign to you: You will find a baby wrapped in cloths and lying in a manger. Suddenly a great company of the heavenly host appeared with the angel, praising God and saying, '**Glory to God in the highest**,' and on earth peace and good will."

Luke 2:11-14

