

Stress can come from:

Events

Which events or gatherings can you decline gracefully? Reconsider holiday parties, potlucks, neighborhood gatherings, and hosting the family dinner.

Traditions

Which holiday traditions need a makeover? Reconsider sending out cards, putting up lights, going home for the holidays, over-decorating, and gift exchanges.

Your Wellbeing Activity **Halt the Hustle**

Choose one task or event to remove from your calendar this holiday season. Consider which of your holiday events or traditions is stealing your joy or causing unnecessary stress. Then, fill the free space with something that supports your health.