

***LESS STRESS* HOLIDAYS**

**Hold onto what's really most important....traditions, people, service.
Be aware and open to things that might be new or different.**

**Offer your skills, hobbies, or talents...to friends, family or neighbors.
Consider the opportunities that are unique to these times.**

**Lean into the positive perspectives of the season for a new mindset.
What can I do to help and encourage? How can I really share?**

**Inspire a vision or dream in another person's heart. Be an energy charger.
Ask: How can I lift another person/people up in a positive manner?**

**Designate times of rest and relaxation. Set an appointment with yourself.
Take the time to savor the hot cocoa, tea, eggnog, or a walk outdoors.**

**Ask for what you need or what someone else may need. Be flexible.
Needing rest, a break, time alone or with others is essential.**

**Yield to a combination of old and new traditions, or create one.
Different holiday ideas or events can become a source of fun.**

**Seize each opportunity to look for and bring smiles in small ways.
Be spontaneous in helping others, strangers, and those unseen.**

**Instead of feeling overwhelmed, despondent or discouraged, reframe your focus on the simplest of celebrations and joys. "Less Stress" is a way to positively bring a Holiday focus, while living out the message of the season...Love, Hope, Peace, and Joy, Amen!
My hope and prayer is this acrostic will be my Holiday gift to you. Blessings to all!*

Please reach out to me for additional ideas, tips and support to continue your next step forward!
Joan Munro, CPLC "One Step Forward" forwardstepsinlife@gmail.com

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