

# HEALTHFUL TIPS TO HELP YOU THRIVE

## During the Holidays

### FOOD

#### Sip Hot Water

Each morning fill a one-liter thermos with hot water. Sip from it every 20 minutes. The hot water purifies your immune system.



#### Include Simplicity in Your Merry Making

After a day or two of going big, wind it back by having fresh, green juices and broths for breakfast and dinner. Eat a satisfying lunch. Sip hot water between meals.



#### Broth is Your Best Friend

Homemade vegetable or bone broth is rich. In winter we desire rich foods, but often end up mixing in flour and sugar. If you've gone overboard, go back to broth.



#### Aim for 6 + 9

On non-festive nights, finish eating for the day by 6 pm and be in bed around 9 pm. In winter, we're designed to absorb the densest nutrients and stockpile the deepest sleep. Take your rejuvenation seriously, and you'll step into the New Year a better you.



*May your Holiday Season  
be Merry and Bright!*



### FOCUS

#### Go at Your Own Pace

Avoid rushing, worrying and hurrying. What would your holiday be like without rushing, worrying, and hurrying? Give yourself the gift of going at your own pace. You may end up doing less, and being more.



#### Create a Seasonal Altar

Gather a few sacred objects that capture your eye to represent all you are celebrating during the holiday season. Clear a special spot in your home to honor that which stirs your heart. If you live with others, ask everyone to contribute. Light a candle on your altar each evening acknowledging the reason for the season.



#### Bundle Up and Walk

Our bodies are meant to move. Early in the morning a brisk walk will center your mood and align your rhythms. (The early morning walk is especially useful for those who struggle with SAD.) If possible, find a friend to walk with you! Enjoy a second stroll following your early dinner to support digestion with more time outside.



#### Be a Skilled Listener

Gift your loved ones with your time and full attention. Become a skilled listener. Be the one who is grounded with loving compassion and curiosity. Show you care by caring about what others have to say. Give the gift of presence.

