

November Is Holiday Presence: Increasing Connection Month

Stay Present this November

Control your holiday experience by being intentional about your time and energy. Make your presence a gift to others by staying gracious and present in each moment.



Learn to say "No, thank you" graciously.



Verbalize your stressors to manage them better.



Ask for help when needed.



Be inclusive — reach out to those who might feel isolated.



Slow down and make meaningful connections.

Source:
mindbodyonline.com