

## Sleep

When you are well-rested, there is less stress on the physical & emotional bodies. If you are having trouble sleeping try a guided meditation for sleep.

## Be Mindful of Breath

When stressed, take a moment & be mindful of your breathing. You are not trying to change it, just be mindful of the location, sound, warmth, duration, etc.

# 6-Ways to Stay Calm during the Holidays

## Focus

Focus on what you want to experience & not on what you don't want.

## Exercise

Go for a walk outside. Be mindful & focus on your feet with each step.

## Ground

Stress is caused by the thoughts in your mind. Go outside and ground the excessive mental chatter by placing your barefeet on the ground. If too cold, try a grounding meditation.

## Be Grateful

Gratitude is an excellent way to Raise your Vibration & put you in a better mood. Close your eyes & mentally think of at least 10 things for which you are grateful.