

MON	TUE	WED	THU	FRI
1	2 <div>Journal prompt</div> <div>How can I make time to slow down and reconnect with myself during the holiday season?</div>	3	4	5 <div>Mindfulness minute</div> <div><div><div>Observe your thoughts</div><div>Notice your feelings</div><div>Take note of your surroundings</div></div></div>
8 <div>Live Couples Class: Managing Family Conflict During the Holidays, 7:30 PM ET</div>	9	10	11 <div>Get moving! Doing some form of exercise releases positive chemicals in your brain.</div>	12
15 <div>Step outside for a few minutes today, even if the air feels heavy or cold. Notice what remains steady around you, the earth beneath you, your breath, the quiet resilience of nature.</div>	16 <div>Live Class: Managing Your Focus and Attention, 8:00 PM EST</div>	17	18	19 <div>How to have healthy boundaries</div> <div><div><div>Prioritize what matters</div><div>Be assertive</div><div>Learn to say "No"</div><div>Communicate your needs</div></div></div>
22	23	24 <div>Self care ideas</div> <div><div><div>Take a walk outside</div><div>Listen to your favorite song</div><div>Rewatch your favorite movie</div></div></div>	25	26
29	30	31 <div>Journal prompts for the new year</div> <div><div><div>What are my top three priorities for this year?</div><div>What small daily habits could help me align with those goals?</div><div>How can I make space for rest as I pursue my goals?</div></div></div>		