

Thrive WITH Self-Care

# Find Your Holiday Spirit

Take time to nourish your spirit this holiday season.

'Tis the season to seek and experience joy, optimism, gratitude and wonder.

- Participate in a toy drive for sick kids in the hospital or volunteer at a community event.
- Do acts of kindness for essential workers in your community. Help a neighbor decorate their house.
- Take part in religious services or community faith events.
- Try to accept family members as they are to avoid arguments.
- Spend some quiet time in a park or your backyard to gaze at the wondrous night sky.

