Mindful Moments:
Slowing Down Before the Holiday Rush



The holiday season is just around the corner! While this time of year brings excitement, celebrations, and opportunities to connect, it can also bring packed schedules, endless to-do lists, and added stress. Before the holiday rush takes over, November is the perfect time to slow down and practice a little mindfulness.

Mindfulness is simply being present in the moment, rather than worrying about what's next. Even a few minutes each day can help reduce stress, improve focus, and create a greater sense of calm.

Try these simple ways to make mindfulness part of your day:

- **Start with a pause.** Take three slow, deep breaths before jumping into your morning routine.
- **Unplug for a moment.** Step away from your phone and enjoy a quiet cup of coffee or a short walk.
- **Practice gratitude.** Each day, identify one thing that makes you feel thankful.
- **Give yourself permission to slow down.** Not everything needs to get done today!

Remember, taking care of your mental well-being isn't selfish. It's essential.

Need a little extra support? Bree Health offers confidential resources to help you manage stress, build healthy habits, and navigate the holiday season with greater confidence.

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