

NOVEMBER 22-28

WEEKLY CALENDAR

Theme Week:
Navigating Change with Holiday Traditions

Sunday



Open To Different Perspectives

Triggered by talk about politics? How can you bring mindfulness to holiday conversations?



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Monday



Mindful Spending and Gifting

Mindful holiday spending: Easing financial stress in these challenging times



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Tuesday



Open Mind, Open Heart

How open are you to other points of view?



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Wednesday



Finding Joy In Difficult Times

How do you honor those who aren't here for the holiday?



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Thursday



Tune Into Your Body

Do you know when eating for pleasure takes its toll?



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Friday



Calm Night Time Thoughts

What helps you make peace when you can't sleep?



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Saturday



Find Strength In Vulnerability

Can asking for help really be a sign of strength?



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