

# 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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