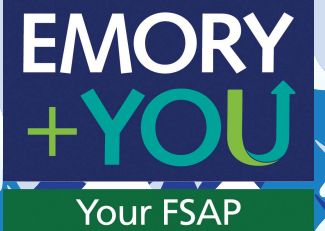


FSAP Holiday Refresh From Stress

Find your inspiration here



<p>Sunday, November 17</p>  <p>Make time for self-care Take a hot bath, sip some tea, breathe some fresh air, or whatever it is that makes you feel relaxed.</p>	<p>Monday, November 18</p>  <p>Access Unwinding by Sharecare and take time for you. Complete a module and earn a raffle entry.</p>	<p>Tuesday, November 19</p>  <p>Sign up for the FSAP ListServ</p>	<p>Wednesday, November 20</p>  <p>Join a weekly FSAP 20 Minute Meditation at 12pm.</p>	<p>Thursday, November 21</p>  <p>Schedule a Well-being Check-in at FSAP.</p>	<p>Friday, November 22</p>  <p>Take a 5 Minute Break Read 'Practicing happiness: 5 Simple Steps' in Sharecare.</p>	<p>Saturday, November 23</p>  <p>Take a "Purposeful Pause"</p>
<p>Sunday, November 24</p>  <p>Give Thanks Write down 3 things, big or small, you are grateful for before going to bed each night.</p>	<p>Monday, November 25</p>  <p>Take a refresh walk and share a smile with someone.</p>	<p>Tuesday, November 26</p>  <p>Track your stress for 17 days in the Sharecare Stress Tracker and earn a raffle entry.</p>	<p>Wednesday, November 27</p>  <p>Join a weekly FSAP 20 Minute Meditation at 12pm.</p>	<p>Thursday, November 28</p>  <p>Take a 5 Minute Break Read '5 Simple Ways to Practice Gratitude Every Day' in Sharecare.</p>	<p>Friday, November 29</p>  <p>Have Self-Love by treating yourself with Compassion.</p>	<p>Saturday, November 30</p>  <p>Take a laughter break.</p>
<p>Sunday, December 1</p>  <p>Connect with loved ones Make time for the people who matter to you. Invite a colleague, friend, or family member out for coffee.</p>	<p>Monday, December 2</p>  <p>Invite a friend or colleague to coffee or lunch.</p>	<p>Tuesday, December 3</p>  <p>Practice random kindness. Share a positive gratitude note with a family member, friend, or colleague.</p>	<p>Wednesday, December 4</p>  <p>Join a weekly FSAP 20 Minute Meditation at 12pm.</p>	<p>Thursday, December 5</p>  <p>Access Unwinding by Sharecare and take time for you. Complete a module and earn a raffle entry.</p>	<p>Friday, December 6</p>  <p>Take a 5 Minute Break Read '8 Ways to Minimize the Family Drama this Holiday Season' in Sharecare.</p>	<p>Saturday, December 7</p>  <p>Try a new recipe for a healthy holiday meal or snack.</p>
<p>Sunday, December 8</p>  <p>Keep your regular routines Try not to let your healthy habits slide during the busy year-end season.</p>	<p>Monday, December 9</p>  <p>Embrace diversity and connect with someone from a different culture.</p>	<p>Tuesday, December 10</p>  <p>Take a 5 Minute Break Read '4 Ways to Stay Calm During the Holidays.'</p>	<p>Wednesday, December 11</p>  <p>Join a weekly FSAP 20 Minute Meditation at 12pm.</p>	<p>Thursday, December 12</p>  <p>Connect with others during the FSAP Grief and Loss Group.</p>	<p>Friday, December 13</p>  <p>Say YES to less. Say YES to less. Access a FSAP Refresh Video from our website.</p>	<p>Saturday, December 14</p>  <p>Enjoy a fun holiday activity with family, friends, or your pet.</p>