

# Embrace Rest & Slow Down

When we make time to look after ourselves, we are better able to show up for others.

The holidays can be a little overwhelming, so we've created this calendar to help you prioritize down-time. The more you schedule time to look after you, the more you'll feel able to contribute to others, no matter how busy the season gets!

Monday, December 2

**Managing Holiday Anxiety**  
Meditation



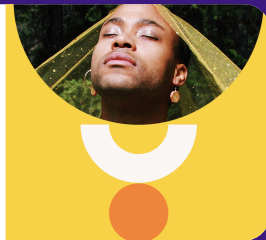
Wednesday, December 4

**Be Patient with Your Progress**  
Meditation



Friday, December 6

**Hibernation**  
Meditation



Tuesday, December 10

**Permission to Rest**  
Meditation



Thursday, December 12

**Loneliness at the Holidays**  
Meditation



Monday, December 16

**Holiday Perfectionism**  
Meditation



Wednesday, December 18

**Holiday Gratitude Practice**  
Meditation



Tuesday, December 24

**Connect with Your Core Self**  
Meditation



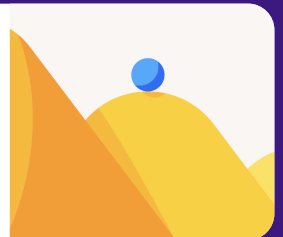
Thursday, December 26

**Setting Goals**  
Meditation



Tuesday, December 31

**Approaching Change**  
Video



Love your mind, today and every day.

Headspace offers guided meditations, mindfulness tools, sleepcasts, focus playlists, and more.

