- GO ON A WALK IN NATURE
- DRINK WARM DRINKS WITH A FRIEND YOU HAVENT JEEN IN A WHILE.
- Q GRANT YOURSELF PERMISSION TO BOW OUT OF AS MANY PARTIES AS YOU * WANT!
- @ DECORATE JUST ENOUGH! OR A LOT. IT!S YOUR CHRISTMAS!

*

O CHRISTMAS MOVIES IN YOUR



@ GIVE EXTRA LONG HUGS TO FAMILY MEMBERS*

DANYTHING ELSE?

DTELL YOURSELF IT'S OKAY IF NOT EVERY THING GETS

BELIEVE THAT



*AND FRIENDS. BUT NOT STRANGERS!



GO ON A WALK IN NATURE

DRINK WARM DRINKS WITH A FRIEND YOU HAVENT JEEN IN A WHILE.

Q GRANT YOURSELF PERMISSION TO BOW OUT OF AS MANY PARTIES AS YOU * WANT!

@ DECORATE JUST ENOUGH! OR A LOT: 1715 YOUR CHRISTMAS!

*

O CHRISTMAS MOVIES IN YOUR







DANYTHING ELSE?

DTELL YOURSELF IT'S OKAY IF NOT EVERY THING GETS

BELIEVE THAT



*AND FRIENDS. BUT NOT STRANGERS!