



Count It All Joy

- This holiday season make happiness and joy a priority.
- Don't give up peace for performance. Resist the urge to create "perfect" memories.
- More PRESENCE less presents.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1	2	3	4
5	6 Only choose your favorite foods. Don't sample everything.	7	8 Savor your meal. Eat slowly and enjoy each bite.	9	10 Use a small plate. Don't go back for seconds	11
12	13 Keep a bottle of water with you while shopping.	14	15 Don't shop on an empty stomach, or while tired or stressed.	16	17 Set aside family differences. Show grace and mercy.	18
19	20 Send leftovers home with guests.	21	22 Set aside time to enjoy this season everyday.	23	24 When you feel full, stop eating.	25
26	27 Don't buy last-minute gifts. Stick to your budget.	28	29 Drink a glass of water or have a piece of fruit before a holiday event.	30	31 Don't over commit. Practice saying no.	1

EATWell

Be mindful. Eat proper portions for your largest meal every day.

See next page for proper portions chart.



MOVEWell

Take time to REST and BE PRESENT during this busy holiday season. Play a game, watch a movie, do a craft, read a book, listen to your favorite music, take a walk with loved ones.



LIVEWell

Practice intentional listening today. Take a deep breath, make eye contact, and really LISTEN without thinking about what you will say or do next.



Proper Portion Chart

Hand Symbol	Equivalent	Food	Calories
	Fist 1 cup	Rice, Pasta Fruit Veggies	200 75 40
	Palm 3 ounces	Meat Fish Poultry	160 160 160
	Handful 1 ounce	Nuts Raisins	170 85
	2 Handfuls 1 ounce	Chips Popcorn Pretzels	150 120 100
	Thumb 1 ounce	Peanut Butter Hard Cheese	170 100
	Thumb tip 1 teaspoon	Cooking Oil, Mayonnaise, Butter Sugar	40 35 15