

# THRIVING THROUGH THE HOLIDAYS

**1-Ditch the New Year's resolution mindset.** Instead set powerful intentions and start now.

**2-Schedule time for yourself *on your calendar*.** Use this time to decompress, workout, prepare healthy foods, or whatever you need at that time for self-care. Let yourself rest when you need to rest and be gracious with yourself.

**3-Avoid the swings & dips.** It's easy to throw your blood sugar out of balance, (hello hormones, weight & energy), especially this time of year. So don't skip meals and be mindful of your sugar intake, (including the hidden sugars).

## **4-Indulge Mindfully**

Enjoy, taste, experience. Slow down, appreciate and indulge in *only the best*.

**5-Hangover Helper** Pay extra attention to staying hydrated. Take vitamin C & electrolytes, consume meals with quality fats and fibers, limit alcohol high in congeners (aim for lighter color liquors & higher quality).

**Angela Tompkins** is a coach who focuses on enhancing vitality & sharpening focus so you can Live More & Stress Less!

Curious to see how Angela can support you in your health, life and career? Contact her today!



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