

Having trouble navigating through the holiday season? You can make it by being GREAT!  
Here's how.

## **GREAT**

**G** - Ground and Center (prayer, meditation, breath work)

**R**- Rest and Regroup (sleep, time out for self)

**E** - Exercise (gentle yoga, walking, stretching)

**A** - Ask for help (reach out and ask friends or family for help-bring a dish, come help, or reach out to a counselor)

**T** - True to self/ Truthful with others (be honest with yourself and admit that you have taken on too much and let others know what you can and cannot do, what you are and are not willing to do-set boundaries)

And finally, protect your energy!

Ways to do so include:

- Declaring that you are covered and protected.
- Asking your guides/guardian angels/God/Spirit to protect your energy as you interact with people on a daily basis.
- Be mindful of who you let into your space.

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