



Self-Care for the Holidays

by Annie Barrett, health coach, founder of 10 Weeks to Vibrant Living

MEDITATE. Meditation decreases stress and increases happiness. Make the time to stop, drop and sit daily.



DO SELF-MASSAGE. This radical expression of self-love takes 5 minutes! After your shower, towel off and massage yourself with oil from face to feet. For a special treat, use lavender essential oil.



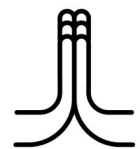
MOVE YOUR BODY DAILY. Yoga, walking, biking, skiing, dancing. Regular exercise reduces stress and improves your mood!



GET OUTSIDE. Bundle up and enjoy the outdoors. Sync up to the daily and seasonal rhythms for optimal wellness.



BE GRATEFUL. Make it a habit to reflect on 3 things/people you are grateful for each day.



GET TO BED EARLY. Unplug an hour before bed. Lights out by 10 PM for maximum rest and rejuvenation.



Annie Barrett is an educator, health coach and yoga teacher dedicated to vibrant and soulful living. She has been helping people up-level their lives since 2000. Her programs and courses based on habit change science, wellness, Ayurveda and yoga, assist individuals in developing daily habits for health and happiness.

yogawithanniebarrett.com