

## Find Your Own Joy: Tips for Employees

### 1. Give Yourself a Break

Don't forget to be kind and compassionate to yourself—a friendly reminder we all need as we head into the holiday season. You're juggling a lot and you've made it through 2020, no matter what was thrown your way. When you notice your inner critic arising, reframe those negative thoughts for self-compassion: What would you say to a friend in your position? How would you comfort them or kindly encourage their growth? Write it down, using the same language to explain to yourself why it's okay to let that criticism go. Enroll or sign in to meQuilibrium to try this yourself in the meQ activity called *Forgive Yourself*.

### 2. Be Present in the Here and Now

With this holiday season being different—and harder—than any year past, we encourage you to take a pause and be present in the moment. No matter what your holiday season looks like, make a conscious effort to notice and appreciate what's going well, especially the small stuff. Write it down, if it helps. When you find your brain scanning for the negative, pause and come back to this list. Discover more ways to manage stress during this time with meQuilibrium's full library of resources and meditations.

### 3. Do Good, Feel Good

Kindness is compassion in action. When you perform a random act of kindness—such as helping out a neighbor, letting a stranger cut you in line, or calling a friend to ask about their day—research shows that you not only improve someone else's mood, you boost your own. And you could inspire someone else to do the same! Make it your goal to do something nice each day for one week—and enjoy the benefits that follow.

### 4. Nurture Connections

Nurture the connections to those that you love. Your holiday gatherings and celebrations might look different this year but that doesn't mean you can't connect with the ones you love. Take the opportunity to celebrate over video chat with friends and family, make your favorite holiday dishes and share pictures, mail out cards (remember cards?!) or even start a new tradition right where you are—one that is truly yours. The holidays might be different, but it can still be a joyous time. meQuilibrium provides you with resources and tips to find more joy during the holidays and manage stress all year long.