



### Mindful tips and greetings from Elaine

We are in the thick of the busy holiday season.

Reduce the stress this season:

[https://www.wfm.noaa.gov/pdfs/Conquering\\_Stress\\_Handout\\_1.pdf](https://www.wfm.noaa.gov/pdfs/Conquering_Stress_Handout_1.pdf)

Reminders for receiving gifts over a variety of situations:

<https://lifehacker.com/5870758/what-are-the-proper-ways-to-respond-to-gifts>

Can you believe Hallmark has 33 Christmas episodes? Our family has watched too many to confess!

<http://www.hallmarkchannel.com/christmas>

You need a good laugh... The clip from the Seinfeld Festivus episode:

<https://www.youtube.com/watch?v=HX55AzGku5Y>

Enjoy the rest of 2018 however you celebrate. I am looking forward to connecting with you in 2019!

Cheers,

A handwritten signature in cursive script that reads "Elaine".

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