

TOP 10 TIPS FOR FINDING COMFORT IN THE CRAZY!

(1) DRESS YOUR COMFIEST



Pop on your fuzzy socks and throw on your over-sized sweatshirt for maximum comfort!

(2) MEDITATE



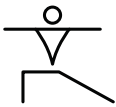
Looking to calm your mind? Do a quick meditation to clear your head and center yourself.

(3) CLEAR YOUR SPACE



Whether it's your desk, room, or another space, a clean place to work can help you feel more at ease.

(4) EXERCISE OR YOGA



Blow off some steam and sweat out your stress in order to be able to relax later!

(5) LIGHT YOUR FAVORITE

CANDLE



Enjoy your favorite scent filling your space and take some deep breaths. Ahhh...

(6) DRINK SOMETHING WARM

Whether it's tea, coffee, or another drink, warm beverages help to bring comfort.



(7) SPEND THE NIGHT IN

Curl up with a good book or watch a movie cuddled in blankets for a relaxing night in to recharge!



(8) SPEND TIME WITH FRIENDS

Make sure to carve out time to spend with your favorite people virtually and de-stress through some fun!



(9) SLEEP IN WHEN YOU CAN

Caught up on work or have a few extra minutes to spare? Spend them sleeping to get quality rest.



(10) FIND TIME TO DO WHAT

YOU LOVE

Be sure to find time to do what makes you happy during this stressful season!

