

# On the first day of Christmas

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Hello, colleagues:

During this season of giving, it's important that we don't forget ourselves. It can be so very easy to switch to autopilot mode and just go through the motions when we hear that familiar question, "are you ready for Christmas"? Are you ready for the days away from your workspace? Are you ready for the possibility of some 'down time' and making memories with family and friends? Here are some ideas moments that you can take in amidst the busy-ness of the holiday season:



*On the first day of Christmas, the gift I give to me is no alarm needed to wake me.*

*On the second day of Christmas, the gift I give to me is sipping hot coffee!*

*On the third day of Christmas, the gift I give to me is a pause from my correcting.*

*On the fourth day of Christmas, the gift I give to me is SITTING down to eat!*

*On the fifth day of Christmas, the gift I give to me is no morning traffic!*

*On the sixth day of Christmas, the gift I give to me is a break from packing meals!*

*On the seventh day of Christmas, the gift I give to me time for just me.*

*On the eighth day of Christmas, the gift I give to me is only keeping track of one set of keys!*

*On the ninth day of Christmas, the gift I give to me is taking in the tree!*

*On the tenth day of Christmas, the gift I give to me is having energy for the evening!*

*On the eleventh day of Christmas, the gift I give to me is sampling Santa's cookies!*

*On the twelfth day of Christmas, the gift I give to me is memories with my friends and family.*

We wish you a "Restive" Holiday! (full credit to our own, Leticia Richer for the term!)