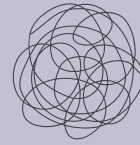


A VALUES-BASED GUIDE

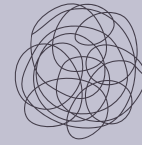
How to make the most of your holiday season.



Skip the to-do lists, the obligations and the “shoulds” this holiday season. Rather focus on meaning, psychological richness and genuine fulfilment.

To do this direct your choices and actions towards core values. This will ensure you don't get caught in your head and miss out on the things that matter to you most.

Swipe for some of our values-based suggestions to and connect with what you actually want your holiday period to be remembered for.



Connection

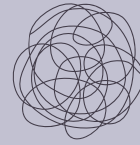
- ~ Be vulnerable with someone you trust
- ~ Show interest in others
- ~ Organise a special event for those closest to you
- ~ Create a new holiday tradition
- ~ Reach out to someone you have lost touch with

Presence

- ~ Have phone free periods each day
- ~ Practice active listening with a loved one
- ~ Get out in nature
- ~ Simplify! Do one thing mindfully at a time
- ~ Practice gratitude

Generosity

- ~ Give someone a compliment
- ~ Provide an act of service
- ~ Check in on someone
- ~ Fund a cause based on your passions
- ~ Demonstrate gratitude to someone who made a difference to you this year

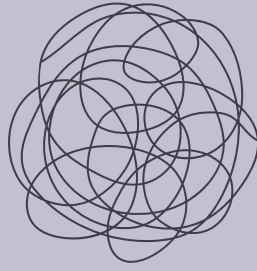


Fun

- ~ Play a happy music playlist
- ~ Go to a comedy show
- ~ Spend time with uplifting people
- ~ Go for a dance
- ~ Embrace your inner child

Adventure

- ~ Try something on your "I've been meaning to do list"
- ~ Get out in nature
- ~ Cook an exotic new meal together
- ~ Plan a trip
- ~ Try a community group event



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We hope you found this a useful resource.

Follow us on instagram for more helpful
psychological tips & techniques!

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REFERRALS

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