

# 12

## December 2025

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



EFR EMPLOYEE & FAMILY RESOURCES

## Be Present

When life gets busy it can be easy to lose focus on yourself and what is important to YOU. Turn the focus back to yourself by exploring these five activities:

- **Create a 10x10 gratitude journal** – jot down 10 things a day for 10 days you are grateful for.
- **Phone-free time.** Designate 30 minutes each day that your phone is out of sight.
- **Focus on your breath.** Take a time out to focus on your breath. This could be when you are waiting in line, every time you stop at a red light, or when you are falling asleep.
- **Walk outdoors.** Go for a nature walk and explore the environment around you.
- **Turn off noise.** Turn off the TV, radio, podcasts, or whatever is filling your head with noise and appreciate a few, or many, minutes of quiet at least once a day.

