

Holiday Stress Relief Coloring Page

It's no secret the holidays can get stressful. Relax, unwind, and color! Use or share this stress-relief coloring page to help you de-stress during the holiday season.



12 Nights of Holiday Sleep

Use the tracker to log your sleep patterns during the holiday season in order to create healthier sleep habits and improve quality of sleep.

MONTH:

NIGHTLY SLEEP DURATION GOAL:

DAY	SLEEP DURATION (track your sleep duration by coloring in when you went to sleep to when you woke up)	HOURS OF SLEEP	SLEEP QUALITY	NOTES
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Healthy for the Holidays Gift Tags

Print and cut out the holiday tags and attach them to your holiday care packages this season.

SENDING YOU ASSISTANCE,
FROM A
DISTANCE



SENDING YOU ASSISTANCE,
FROM A
DISTANCE



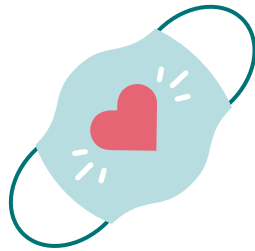
TREAT
YOURSELF



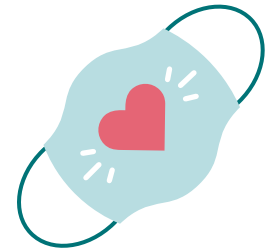
TREAT
YOURSELF



I'VE GOT YOU
COVERED THIS
HOLIDAY
SEASON



I'VE GOT YOU
COVERED THIS
HOLIDAY
SEASON



THIS YEAR
IS TOUGH,
BUT YOU'RE
TOUGHER



THIS YEAR
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Healthy for The Holidays Gift Tags

Print and cut out the holiday tags and attach them to your holiday care packages this season.

TO: _____

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