## Count CALM Down for the Holidays

### Live Healthy Live Well

**Challenge Check Off**

<table>
<thead>
<tr>
<th>Find Your Quiet Place</th>
<th>Simplify Holiday Routine</th>
<th>Feather Your Nest</th>
</tr>
</thead>
<tbody>
<tr>
<td>Practice Mindful Eating</td>
<td>Improve Sleep Habits</td>
<td>Move More</td>
</tr>
<tr>
<td>Reduce Stress</td>
<td>Practice Gratitude</td>
<td>Wellness/Self Care</td>
</tr>
<tr>
<td>Practice Mindfulness</td>
<td>Explore Setbacks and Refocus</td>
<td></td>
</tr>
</tbody>
</table>

Explore the following ideas, note the date completed, and write down your thoughts!

Return chart to Michelle Treber (treber.1@osu.edu) by January 8, 2019.

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