



HealthAdvocate™ member newsletter

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Gift others with small acts of kindness

There are many wonderful ways to tap into the true meaning of the holiday season and make an impact on a person's life. Among them: volunteering at a soup kitchen, making monetary donations to a charity, collecting canned goods for a local food bank, or sponsoring a local family who may need some extra help this year. However, simply doing small acts of random kindness that lifts a person's spirits or expresses appreciation or gratitude can also warm their heart as well as yours. Read on for simple ways to pay it forward this holiday.

[Find out more >>](#)



Letting go of perfection

Being perfect really isn't attainable, yet it is easy to get caught up in the unrealistic expectations you may set for yourself. This can wreak havoc on your well-being by causing you to feel overwhelmed, stressed and defeated. Keep reading to learn tips to



Avoid holiday burnout

Everyday life can be hectic enough, but the surge of seasonal activities can add a completely new level of stress. However, it's possible to tap into the holiday spirit in ways that make you feel delighted rather than drained. Read on for several helpful tips.

help you simplify your expectations and stop striving for perfection!

[Read now >>](#)

[Learn how >>](#)



Safe Toys and Gifts Month

When it comes to toys and gifts, it is critical to remember to consider the safety and age range of the toys. Read some helpful tips.

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