



# December's Holiday Season & Remote Worker Wellness Month

Live breaks to explore!

Move

## 7-MINUTE STRESS BUSTER: HOLIDAY EDITION

A standing cardio blast to help renew energy and brighten your mood.

## 7-MINUTE CORE STRENGTH BREAKS

A variety of breaks to help stabilize and strengthen your core muscles.

Breathe

## 7-MINUTE GRATITUDE GLOW

Pause to intentionally feel gratitude during the busy end-of-year season.

## AUDIO ONLY MEDITATION & BREATHWORK

Be guided through 5 & 7 minute sessions without the need to look at a screen.

Stretch

## 7-MINUTE HOLLY JOLLY HIPS

Show your hips and lower joints love this season with stretches.

## 7-MINUTE INNER GLOW FLOW

Stretches and poses to help tap into and amplify bright energy from within.

Learn

## WEEKLY TRIVIA

10 minutes to test your knowledge every Wednesday @ 12:05pm PT / 3:05pm ET.

## HOLIDAY BUDGETING: STRESS FREE PLANNING & SPENDING

15 minutes, Tue Dec 9 @ 12:05pm PT / 3:05pm ET

Eat Well

## SHARE PLATES FOR HOLIDAY PARTIES

Recipes & inspiration to help plan your sharable eats.  
15 minutes, Thu Dec 4 @ 10:05am PT / 1:05pm ET

## FUN HOLIDAY DRINKS TO MAKE AT HOME

Seasonal treats you and your guests to sip.  
15 minutes, Thu Dec 18 @ 10:05am PT / 1:05pm ET

On-Demand

## GRIEF & GROWTH

Two sessions that discuss moving through life while experiencing grief.  
7 minutes, watch anytime.

## CALMING OVERWHELM

Practical strategies to help reduce feelings of stress as you're experiencing them.  
7 minutes, watch anytime,

▶ **Holiday season live content changes:** Dec 22<sup>nd</sup> - 31<sup>st</sup> live content hours are reduced and Dec 25<sup>th</sup> & Dec 26<sup>th</sup> on-demand breaks are available only.

[Explore live short breaks](#) every week plus over [1,000 on-demand videos](#) to support you in your well-being.

Head to [brightbreaks.com/book](https://brightbreaks.com/book) to get started or scan the QR code to access the mobile app.

