

9. Show you care

A candle needs to be tended before it bleeds onto the surface.

Showing care is never futile. For many this holiday season, this time is not a holiday, but a period of pressure, tension and overtime. Financial demands, job demands, and family demands can be the stuff of nightmares before Christmas. So, let us go easy on one another, let's cut each other some slack and let's be kind to ourselves. Simply put, kindness, whether it is given, received or observed make us all feel better.



It's ok not to feel ok; and it's absolutely ok to ask for help.

**I Am
Here**