HOW SOME PSU EMPLOYEES ARE PLANNING TO BE HEALTHY, HAPPY, LESS STRESSED AND THRIVE THIS HOLIDAY SEASON!

- “I plan to be happy and healthy during this holiday season by taking time to relax.” –ML
- “I plan to be happy and healthy during this holiday season by taking advantage of the great weather by spending as much time outside as possible!” –KN
- “I plan to be happy and healthy during this holiday season by thinking "moderation". It's all about moderation and moving!” –KM
- “I plan to be happy and healthy during this holiday season by remembering to schedule in some down time.” –DMB
- “I plan to be happy and healthy during this holiday season by eating healthy, drinking 8 glasses of water a day and spending time with family and friends.” –DS
- “I plan to thrive during the holidays by planning re-charge days and making time for exercising.” –KG
- "I plan to thrive during the holidays by planning simple moments with family and friends; skiing, sledding, watching movies, making & sharing nourishing meals with loved ones and practicing gratitude!" –DN
- “I plan to thrive during the holidays by catching up on "On the Move" tips and planning ahead!” –KO
- “I plan to thrive during the holidays by taking time to be mindful of how many activities I am planning for the day.” –DMB
- “I plan to thrive during the holidays by putting in more mindful meditation to reflect and rejuvenate.” –HS
- “I plan to stress less this holiday season by spending outside with my dogs.” –ML
- “I plan to stress less this holiday season by planning ahead.” –KO
- “I plan to stress less this holiday season by being fully present in celebrations!” –KN

SIMPLY AWESOME! HERE’S TO MOVING MORE, SITTING LESS AND THRIVING PSU!