

This month's topic is on "Holidays"



Holidays are the most awaited time of the year as it holds a special place in everyone's life. No matter how old we are or what profession we are involved in, we always look forward to holidays. Holidays are also a time when we can socialize with friends

and relatives and also indulge in our favourite sport or pursue our hobbies.

### Few Things To Do During The Holidays

**Spend more time with Family:** You can spend more time with your family and friends by have conversations which will help reduce stress and create memories.

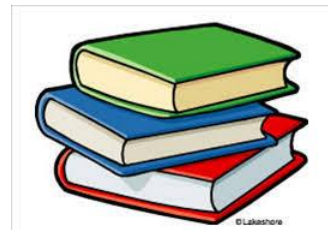


help others

**Volunteer:** Volunteering not only gives you the joy of giving back to society but also leaves you with treasured memories and experiences.



**Take up a new Hobby:** Make good use of your time by improving yourself. Learn to play an instrument, take up gardening or reading. The key is to take up a hobby you've always wanted to do.



**Add a New Skill:** This is something you could do over the holidays. Try taking up a skill set certification course or even learn a new language.

**Update your Resume:** Take time to update documents, adding any extra information you have had since you last updated them.



**Improve your Physical Health:** As you have more time during the holidays, this is a great opportunity to start sleeping well, exercise regularly and eat healthy.

**Take up a Sport:** Playing sports is generally a fantastic way to improve your fitness and health. It helps improve stamina and concentration.





Finally, don't forget to enjoy the holidays and treat yourself over the break, as you're the most important person in your world. De-stress yourself and have loads of fun.

*"If you do what you've always done, you'll get what you've always gotten." – Tony Robbins (Try something new, start now)*



## Resources:

1. Article on Ways to Improve you this Summer
2. Productive Ways to Spend your Summer
3. Ted Talk on How to Gain Control of Your Free Time
4. Ted Talk on the Power of Time Off / Ted Talk on Try something New for 30 days

# HAPPY HOLIDAYS



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