

LIGHTING THE WAY FOR LESS HOLIDAY STRESS

EVENT ID: 4611068

EVENT STARTED: 11/10/2021 1:00 PM ET

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Thank you for joining us for Lighting the Way for Less Holiday Stress. I'd like to now introduce our presenter, Jasmine Gary: Jasmine is a licensed professional counselor in Washington, DC and Maryland, and is serving the Federal Energy Regulatory Commission and the National Gallery of Art as an employee assistance specialist. She has clinical case management experience and provides counseling and psycho education to individuals and groups using cognitive-behavioral and solution-focused interventions. Today we are delighted to have her with us to share some tips for the upcoming holiday season. And with that, I'll turn it over to Jasmine to begin the presentation.

Thank you so much, Tammy. Welcome everyone for learning some tips for lighting the way for holiday -- less holiday stress. We are going to kick things off by doing a quick poll. We do have a number of polls today so I want to encourage everyone to answer as honest as possible. Remember that these polls are anonymous. Let's jump right into the first question. Which best describes your initial feeling when you think about the upcoming holiday season? Maybe you don't feel like any of your feelings fit neatly into any of these boxes and that's okay. Maybe you feel a couple at once. Remember to answer as honest as possible.

We have about three seconds left if you would like to respond if you haven't already. I am going to go ahead and open up the pole and show results. One moment.

It looks like many people are feeling stressed and overwhelmed. And some people are feeling excited and can't wait. It sounds like there is a good balance between the two. Thank you for everyone that participated.

So, the holiday season can mean many different things for people as you think about approaching the holidays, maybe you feel a burst of excitement with a big smile on your face. For others, just hearing the word holiday can bring about feelings of sadness and the blues. Even those of being anxious and overwhelmed. No matter what your perspective is, we are going to discuss the ways to navigate through those inevitable stressors of this time of year.

I think it is safe to assume that everyone in attendance today has experienced or is anticipating stress during the holiday season. No matter what closure or tradition or religion you may subscribe to, we all share common ground with the effects of stress. Today we are going to discuss how to develop strategies to decrease holiday stress. For many people this might look continuing some of the coping skills you already have in place for yourselves. For others this might require trying something new and different. We are also going to discuss why it is important to celebrate the holidays in ways that feel meaningful to you.

Lastly, we will provide and offer resources to you to get you started and continue your journey through the holiday season. Let's begin by discussing some common causes and effects of seasonal stress. Let's start with some causes. Although we contend with pressures and expectations in our day-to-day lives, the holiday season is a time of year that tends to demand even more from us. It compiles or amplifies our usual obligations. We all have expectations related to the holidays. These expectations originate from our past experiences where both pleasant and unpleasant experiences. They are derived from our beliefs and value system. Sometimes our expectation is a little unrealistic. Just like the quote on the slide, our expectations can create significant stress when they don't match up to reality. Here are some of the things that add to our stress levels that I will discuss one by one.

We will start with schedule fatigue. This can be due to a numerous number of things. Meeting work deadlines. Employees may feel pressure to meet deadlines as the holidays are approaching or before you decide or plan to take leave. If you find yourself worrying about the workload that awaits you upon returning to work, this can hinder your ability to really enjoy your time off and to be present. People also have an attitude of, too much to do and too little time along with other time constraints.

Attending events can also cause schedule fatigue whether that is school plays, community or faith event. You might even begin to feel that you are being pulled in so many different directions at once. You might feel or wish that you could clone yourself to be in multiple places at a time so you can really fulfill some of those obligations. Visiting friends and making time to spend with friends both near and far could cause schedule fatigue.

Cooking, whether you are cooking for a large group or a small intimate gathering, cooking becomes a stressor when you consider the amount of time it takes to plan, shop, create the meals. Decorating. If you typically decorate your home during the holidays, you might feel a little pinched for time to make your home festive in a way you would like it to look.

Lastly, volunteering. Volunteering may become more of a chore and something you do to spread holiday joy if your personal time is spread too thin and you have too many other obligations.

We also have increased financial burden. Buying gifts can strain our finances in any given year. May be especially difficult during this time of COVID-19 where household incomes may have drastically changed. Being apart from loved ones, this may mean there is additional expense from the cost to ship gifts.

In addition to the shipping, you might have to experience shipping delays, items being out of stock or even backordered items. This can cause stress if you are looking to get these gifts to your loved ones in a tiny -- timely manner. Travel expenses Weatherby transportation or lodging can be costly. The prices of hotels and gas and flights increased during popular times during the holidays. Here in the DC area, gas is above four dollars. The price is starting to rise already.

Donating to charity, many people do give back to donating monetarily to the charities of their choice. You have any deviations in your budget over the course of the year, this may require you to make a hard decision to either donate without the adequate funds to do so or not to donate at all. When you have

limitations on your finances this can leave you feeling hopeless and some shame and even disappointment.

And then we have conflictual relationships. Have family tension and conflict. We know many of us firsthand that the holidays can be a time where tensions rise and conflict is prevalent within certainly family dynamics. Those unpleasant memories may surface from past experiences. We have blended families in new family members. That familiarity and expectation of the holidays could be diminished when there are new faces at the dinner table and in the event that you are the new face, this could leave you feeling left out or a sense of belonging.

Group gatherings, feeling pressure to spend time with friends and family or other social gatherings can cause significant stress especially during a pandemic were concerns of gathering safely or involved. And then for people dealing with the guilt that may surface from declining invitations.

Also, we have upholding traditions. We have religious, cultural, and family customs. It may not be possible to incorporate all aspects of tradition each year or this year or furthermore, not everyone in the family has an interest in the traditions they grip doing. And if some of your traditions include, indulging of cooking and baking and calorie dense meals and drinking high-calorie drinks, if this is a part of your holiday tradition, this can cause stress for people maybe with chronic conditions and feeling like they can't indulge and even cause stress for weight gain for many people. The key here is respecting the differences of others and being cognizant that not everyone celebrates holidays in the same way that we do.

The expectation of making others happy. Being in this holiday spirit. We put a lot of pressure on ourselves believing that we should be happy, and others often expect us to be festive during the holidays. Being jolly and excited to host guests, they look fake and decorate 100% of the time is unrealistic. To appease those around us we may feel obligated to forgo our authentic selves and adopt a, fake it till you make it, attitude.

And then you have giving and receiving gifts. The pressure to find the right gift can be exhausting. For some people receiving gifts is just as stressful whether you have this feeling of obligation to return the gesture or maybe you had an agreement with someone to not exchange gifts and that agreement wasn't upheld on their end. Even having the expectation that you have to buy or receive expensive gifts can cause stress for some. In the shopping experience in itself can be a source of stress as being in crowded stores in dealing with parking can cause heightened anxiety. Especially when it is compounded with fears of COVID-19 exposure.

And then we also have influence from media and social media. This can make us feel other than. Mainstream media tends to emphasize these traditional families. I put those in quotation marks during this time of year. When our family doesn't quite fit the mold it can make us feel slighted and unrepresented. It can lead to feelings of isolation. And if you feel less than, maybe seeing what others are doing in buying and where they are going, who they are spending time with on social media or TV it can cause us to measure ourselves and our lives and families or our situation in general against theirs. Have you ever wonder why your mood shifted for the worst after scrolling for hours on social media?

This can happen at any given time. Even more so during the holidays. AB you have a strained relationship with your family or maybe you typically feel isolated and alone during the season.

Whatever your why is, it's important to remember that everyone has their own personal struggles even those who portray to have those perfect life on social media. We are going to discuss how to combat the pressure from social media a little later.

We have grief and sadness. Experiencing grief can be hard for people especially during the holidays to it can create complex feelings. Depression and withdrawal are common. Recent and past losses can be felt just the same in the amount of time passed is really irrelevant. Addition to that, grief is not just reserved for death. We might also grieve a job loss, relocation, even a divorce or separation. If you are spending the holidays without a loved one, this could include limited contact with family members and friends to COVID-19 where or maybe you are experiencing your first holiday since the separation or divorce or the loss of a loved one. The holidays are often one of the few times a year we see certain family members. When you realize that an aging loved ones health has gotten worse or wondering if this will be the last holiday you might spend with them can cause us to feel worried or sad and helpless.

All of the causes that we just talked about, these are just a few of the examples of how unrealistic our expectations can lead to disappointment and other perceived negative emotions where let's take a moment now to reflect on some of your expectations by doing another poll. Can begin the next poll please, Tammy?

How does it make you feel when your holiday expectations are met? I know for myself I can feel personally responsible. Maybe with the belief that I could have done more where I couldn't do enough.

We have about five seconds left and I will show the poll results. One second, let me pull up the results.

People feel they are feeling personally responsible, a lid of bit of people are saying they feel anxious and some people feel sad and depressed. It looks like, pretty evenly split between those three choices. We are going to jump into another poll. Can we get that one, Tammy?

One moment please.

As she gets set up we can think about which methods do you use to cope with or manage your unmet expectations? Maybe some of your ways to cope are a little healthier than others. There is no judgment. Just taking an assessment.

We have a lot of responses coming in. We do have the timer set a little longer for this one. Right now you have about 27 seconds. Please if you haven't answered yet, please do so. You have about 12 seconds left. I will go ahead and show the results. One moment while I pull the results up. Okay. A lot of people answered that they isolate or withdraw.

I'm trying to see what the percentages there. Most people answered in that way. Thank you to everyone that responded. So we have talked about the causes of some seasonal stress. Now we are going to shift

gears and talk about some of the effect of some of the holiday stress. Regardless of the time of year, if left unmanaged it can negatively affect us in many ways. Being overly stressed puts us at risk mentally, emotionally and physically. Sometimes you experience one and sometimes you experience all three. Someone could be jokingly labeled as a Scrooge or a grinch because of how they appear on the surface. When they really may be experiencing and reacting to certain stressors. We all have unique responses to stress. You may see some of yours listed on the slide. Do you become sad or withdrawn? A lot of people in the poll said they isolate and withdrawal. Or perhaps you are on the opposite end of the response feeling more anxious with increased heart rate and poor concentration or even difficulty sleeping because your thoughts are constantly turning. Maybe you notice yourself being snappier and more irritable with your loved ones and your patience feels thin. Or perhaps you are someone who finds themselves on go mode to the point of exhaustion without a minute of rest. Remember that not all stress is bad stress. Sometimes it can be a propeller to get things done or take action. Chronic stress can negatively impact our immune system and puts us at higher risk for illnesses such as the common cold, high blood pressure, diabetes and heart disease.

What's important is that you are aware of what tends to cause you stress and that you work to proactively manage it. Although there are situations which cause us to be more reactive rather than proactive in stress management. Knowing your stress triggers is important. We are going to talk about how you can cope with stress. There is a quote, it says stress is not what happens to us, is our response to what happens. Response is something we can choose. This quote is a great reminder that we can't always control what happens to us. We can control our response. That is what we are going to focus on the second half of the webinar.

The first strategy is being realistic. This means being honest with yourself about how much time you have and delegate tasks as needed remember, you cannot do it all yourself. For example, this may sound like you saying to a loved one, I would like to get a head start on holiday grocery shopping. Can you pick your kids up from school? Or I can host the family holiday dinner but I cannot prepare the whole feast. May I ask each of you to prepare a dish. A next strategy is managing your expectations. This could mean lowering them to prevent disappointment and sadness. Adjusting your mindset or perspective can be of greater importance in managing your expectation. This ties neatly into being realistic with yourself and others because sometimes this does include managing others as well.

For example, this may sound like I have limited funds this year and therefore I will be unable to buy everyone multiple gifts as I did in the past. Not only are you setting an expectation for yourself and your budget that you are also setting an expectation for others and what they can expect and receive. Setting boundaries and upholding them. This is one that can be difficult for many people. This could include saying no to events that you don't want to attend or participate in. For example, saying something like, I appreciate the invite, thank you for thinking of me although I have to regretfully decline. You can even set boundaries around your time. I would love to come and visit and since I have some other obligations that day, I can only come over for an hour of your party.

You can even set boundaries about specific conversation topics. If your family regularly comments about calories and issues during the holidays and it makes you uncomfortable, you can say something like, I don't want any part of my physical health discussed unless I choose to do so myself. And then you have

other potentially controversial conversations such as political affiliation or religious and spiritual lease that could arise. Remember, the holidays are not the appropriate time to hash out these differences. When you do that, people can feel like the holiday has been hijacked and the tension rises even more and makes others feel uncomfortable. What you can do is uphold boundaries around these conversations. This may sound like, let's focus on the importance of our time together in the moment where can we talk about something else.

Another strategy is to spend time with those you love and appreciate. That connection to those that we value and who value us is a factor for decreasing stress. This can also fit well into setting boundaries and choosing who you want to spend time with and if possible, minimizing the time you spend with those that increase your stress or other feelings of sadness and anger. Taking time for yourself. We know the holidays can be a wonderful time of togetherness for many people. Making the time to recharge is key. Remember, you can't be everything to everyone. Schedule a massage, unwind from a busy day of cooking by snuggling up with your favorite book or movie. Or a podcast. And then disconnecting from media. Taking social media breaks or limiting the amount of news you consume can be a great benefit. There are recent studies that found that social media has a negative impact on self body image. Undoubtedly it has the same effect on many adults just the same. By allowing yourself time away from comparing your life to those on your TV or computer screen can really help you to put things into perspective.

Continue your normal exercise routines and maintain healthy eating habits. Go for a walk, eat well-balanced meals and stay hydrated get adequate sleep. Even if that includes taking a nap. And then lastly, acknowledge grief and loss. We are going to talk a little bit more in detail about how you can do that in just a few slides.

It's likely that every year you set a goal for yourself to stay within your respective budget. Every year you end up exceeding the limits and you are stretched thin financially. I bet this is a worry for many of us. This year especially, price inflation is expected to impact even more than last year. Here are some tips on this slide to making a budget and keeping your self accountable to stick to it. The first tip is to examine your relationship with money. This can provide you with information about your spending habits. Determine what you can afford and spend before you begin. Will you be pulling from your savings account? Will you use credit cards? Set aside money for the sole purpose of holiday spending. If possible. Hold onto receipts or keep track of expenses as you go. Use apps or coupons to find bargain deals. They have a lot of apps that can help you define discounts, deals, whatever the case is. Use those to your advantage in making your budget.

Staying mindful and grateful. Mindfulness practices help to reduce anxiety and distress by focusing on the present moment. Practicing self-awareness to notice when your mind has wandered off into the future or past events is the first step. And engaging your senses to orient us. Gratitude practices have been linked to happier and healthier well-being. Taking time out of your day to give thanks for what you are grateful for. Can be something as small as a perfectly made coffee in the morning. That can really improve our wellness over time. And there are other techniques to practice mindfulness which include deep breathing, yoga and meditation.

I want us to take a moment to practice a deep breathing exercise right now. I want to invite everyone to really focus. If you are doing other things in your attention is being diverted. Give yourself permission to be present for the next few minutes as we do this exercise. Begin by sitting upright in your chair. Feet flat on the ground you may close eyes if it feel safe and comfortable free to do so. Otherwise you can focus your gaze gently at something in front of you. Begin by noticing how you're feeling in this moment. Check in with yourself. Where are your thoughts, where are your emotions? Any body sensations you are experiencing. And now, shift your attention to your breath. Take a deep breath in through your nose, inhale and hold for four seconds. On the exhale holding it and blowing out for six seconds. You repeat this in for four seconds. On the exhale holding it for six. Continue this breathing exercise and this breathing pattern throughout this exercise. So you might notice your mind starts to wander and that's okay. That's what our minds do. We are not here to judge or change our thoughts. Just simply to acknowledge them and let them pass. Just like we are watching clouds passed by on a clear blue day. It is what it feels like to breathe deeply. Weather you are noticing your belly rising and falling with each inhalation and exhalation or the air on your lips as you exhale. Let's do a few more deep breaths together inhale and hold for four seconds. And on the exhale hold it for six. And again, notice how you feel. So I'm going to be silent for a few moments just for you to take any other breaths you may need or just to be present and notice any new sensations in your body.

I'm going to invite you all to slowly bat your eyes open if you have them close to bring your attention back to the webinar presentation. We are going to do a bit of reflecting on this exercise by going to another poll. How do you feel or what do you notice after doing the exercise? Just take a moment to reflect

About 15 seconds left and I will go ahead and pull the results up. If you haven't responded please do so. About four seconds left. I'm going to put those results up.

A lot of percentage of people said they feel relaxed. That is great news. I want you to think yourself for showing up and allowing yourself to be present for that exercise. Deep breathing, this is an exercise you can do anywhere. Remember you can always use your breath as an anchor in moments of stress.

We are going to move on some tips for celebrating with meaning. Reflect and memorialize your loved ones if you're dealing with grief and the loss of a loved one. Talk about memories of them with your family and friends. Even light a candle in their memory. This keeps our loved ones alive in our thoughts and hearts their shared stories and acknowledgment. The death of a loved one is something many people say they never get over. This reflection and remembrance allows us the space to celebrate their life and also to integrate the sadness and grief and healthy manner.

Connecting with friends and family. Have dinner together through video chat if traveling is not an option. Or have an outdoor feast if weather permits and you have concerns about gathering safely. Volunteer your time or resources to those less fortunate or in need or to a charity of your choice. Create new traditions for yourself and family or with friends. Some examples of this would be during a Grab Bag gift exchange as opposed to buying every family member a gift. Incorporate a new food or fun activity that you enjoy so this could look like a movie night. Or a game night.

I will share a personal story of how my family created a tradition. This was about 15 years ago at Thanksgiving dinner with my family. My father who is a music fanatic pulled out his old Earth wind and fire live in Japan concert DVD. We had seen this 1 million times. We moaned and groaned initially but once the music started we really enjoyed ourselves. We were dancing and passing the remote control back and forth to each other as a makeshift microphone. Since then, it is something that we have incorporated to our holiday and Thanksgiving celebrations. So keeping those old traditions that still resonate with you will also remain flexible and create new and meaningful ones. We are going to jump right into the last pole.

Let me bring that up.

We can start thinking of which new strategies for managing holiday stress will you try this year? I mentioned in the beginning, it may be something you are already doing in deciding to continue or something that you might try new and different.

About 35 seconds please go ahead and respond if you would like to. We have a lot of responses coming in. Thank you so much everybody. You have about 17 seconds. I will go ahead and put up those results so if you still haven't answered and you would like to, please do so. All right, one moment and I will pull up the results. Well, it looks like a lot of people said maintain healthy habits and take time for yourself. Those two had about equal results. All of these are great ways to manage your stress and prepare for the stress of the holidays.

Again, thank you to everyone that participated in the polls. To summarize what we talked about today, the holidays can be stressful for a myriad of reasons. We touched on many of them. In no way is that list exhaustive. We have our unique stressors. Early identification of stressors can better equip us to navigate the sadness and cope when we are feeling overwhelmed. We also explored new ways to connect with loved ones or your community. We discussed incorporating stress reduction activities and we recognize that even clipped with all the tools and resources, creating a stress management plan for yourself can be challenging and overwhelming. If you are still feeling unsure of where to start or how to make stress management a habit, please don't hesitate to reach out to EAP to work with a professional that can assist you.

We are here to help you in the quest for yourself. This slide has some resources that are helpful. If you are dealing with grief during the holidays, we have the book, surviving the holidays without you. We have apps for many people that are looking to maintain healthy habits and take time for yourself. If you would like to try meditation, mindfulness. A budgeting app, good budget is really help because it allows for multiple devices to access the same account. If you are looking to to family budgeting, you have it in one place and you can share one account. That can be really helpful in holding everyone accountable. There is a podcast of how to set boundaries with families and stick to them. It's about a 20 minute listen and it's really easy to listen to. If that is one of your goals, about setting boundaries, I highly recommend checking out that podcast. This resource list will be provided to you through email. Tammy, I am going to turn it back over to you.

Thank you so much for that wonderful presentation, Jasmine. If you would like more information on this or other health and wellness topics, please give us a call or visit us online. The EAP is confidential and available 24 hours a day seven days a week to help you work through personal or work-related issues. Before we get to the Q&A portion of the session, I would like to remind you that you will receive the recording link in transcript and a copy of the slides, resource handout, and the certificate of attendance via email within 24 hours after the webinar. All of today's content will be available on our website and 1 to 2 weeks ago when you exit you will see a satisfaction survey where you can let us know about your experience with us today and provide any additional feedback that you may have. We do read these comments and make improvements and adjustments. We do have time for questions. If you would like to ask something please type it in the Q&A panel and send it to all panelists. Jasmine it looks like the first question we have is, do you have any suggestions on how to incorporate annotation into a day to combat holiday stress when it's hard to find time for myself and kids etc.

Quick question. Many people have the similar issue of not feeling like they have enough alone time due to certain roles whether it be parent, spouse, caregiver. It is going to require some intentionality. Maybe even getting creative. Can you do a modified meditation. Maybe it does require you to lower your expectation of how long your meditation practice is. Finding a time of the day where you have at least one minute to yourself. If that's not possible can you make time. We tend to find time for what's important. You might have to move this meditation practice up on your priority list in order to find the time. You can even enlist your family members if you have children or a spouse, can you get them involved?

Thank you. Another great question is, how long do you recommend practicing deep breathing?

That is really up to the individual. Today we did about two minutes. Really do what feels comfortable for you. There really isn't any enema or maximum to this practice. People as little as 32nd people can spin 10 to 15 minutes practicing deep breathing. Feel what is good for you.

Good advice. Next question we have is, my family is struggling with grief after the loss of a loved one. I like the idea of honoring them in a meaningful way. How could I get my siblings on board to participate?

It's great that you found that suggestion helpful. You can explain the importance of honoring your loved one to your siblings in an effort to get them on board but I also want to encourage you to get comfortable with the idea of possibly doing it without them. Remembering that everyone grieves differently and so they may have their own individualized way of memorializing that left one. If you are feeling compelled and it's on your heart to memorialize your loved one, a be doing something independently if you can't get them on board with you.

Thanks, Jasmine. Next question is, this person says that only I'm the healthiest member of my origin. I find it stressful to interact with them and I feel a lot of pressure to make the holidays nice for them. Do you have any advice regarding that?

Trying to figure out where your idea of making it nice for them. Does this mean as far as incorporating food, maybe enlisting them or getting their opinion of what it means for them to have a nice holiday and

also recognizing that you don't have to do it all on your own. Maybe getting the support from another healthier person whether a friend or another family member if you have any that are up to the challenge. That way the burden isn't all on you. It can go to set up expectations with yourself and with them of what you can do and what you cannot accommodate.

Thanks, Jasmine. One person is asking about grief. How do you respond to a family member who insists you need to get over the past and move on. This concerns death of a parent in childhood but the other member was not even born yet.

Wow, I'm sorry to hear that. One thing I recommend is, setting stronger boundaries and reminding this person that you are grieving in a way and the best way you know how. If you would like to talk about or under this person that's up to you. They also have the choice to either be present or not present for it. Reminding them that everyone is grieving is different and unique. Maybe them being avoided is their way of grieving but you have your way and also just setting that firm boundary.

Here's another good one. It says, what about when you are married to someone of a different religion when it's just our small nuclear family it all goes well. In my overly Catholic Italian family gets involved they overwhelm my spouse. But my mom is old so we are visiting with her. You have any thoughts regarding that?

It could be a conversation that you have with your spouse if you have it before going to these dinners were family events. Maybe even having some ways that you communicate with each other to let them know they are feeling uncomfortable. This maybe even you stepping up and saying something like, can we talk about something different or this conversation is making us feel uncomfortable. It's focus on the time we have together. It could involve redirecting and could also involve the boundaries which is so important of letting your family know that your nuclear family is coming. However, these are the topics that you don't want brought up in order to make sure everyone is having a good time.

Thanks Jasmine. This is probably similar to something you already answered. This person is saying how do I incorporate my daughter's fiancé into our holiday gathering?

That's nice that you would like to incorporate them into the gathering. Maybe even asking your daughter or her fiancé themselves of what are some of their traditions. What does the holiday look like for them and seeing if you can incorporate some of their traditions or activities into what your family already does and that way they won't feel completely out of the loop were on belonging when they come to celebrate with you all. They will have some sense of themselves being represented in that interaction. Maybe just having a conversation with them.

Sounds good. Let's do one more question. I just lost in the Q&A, here it is. Do you have any ideas about managing grief and loss but not after death but after divorce. Particularly for children's first holidays in a divorce.

Thank you for that question. Depending on how old the children are, it may be again having a transparent conversation with them of letting them know that although the family is celebrated apart

this does not mean that they are loved any less. Working with the other parent to make sure that it is a smooth transition and communication is open. Depending on the age of the children. If they can comprehend and understand what's going on if they are younger and they can't it is going to require a lot of communication with the other parent and hoping that if you can and possible letting the children see that there is no love lost and they are still going to be cared for even in the separation.

Thank you so much, Jasmine. It looks like there are no other questions. We will conclude the webinar for today. I would like to thank Jasmine Gary for presenting today. We thank you for taking time to be here. Please join us again next month for Tune in to Mindfulness to Tune Out the Negative. That will take place on December 8th. I hope you have a wonderful rest of your day.

[Event Concluded]