

The logo for BSI (British Standards Institution) is located in the top left corner. It consists of the lowercase letters "bsi" in a bold, black, sans-serif font, enclosed within a white, rounded, trapezoidal shape.

bsi

# 6 tips for a happy holiday season

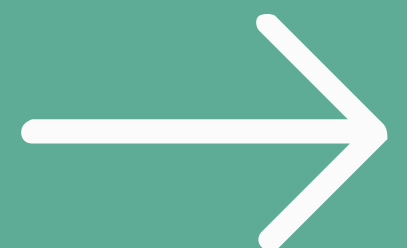


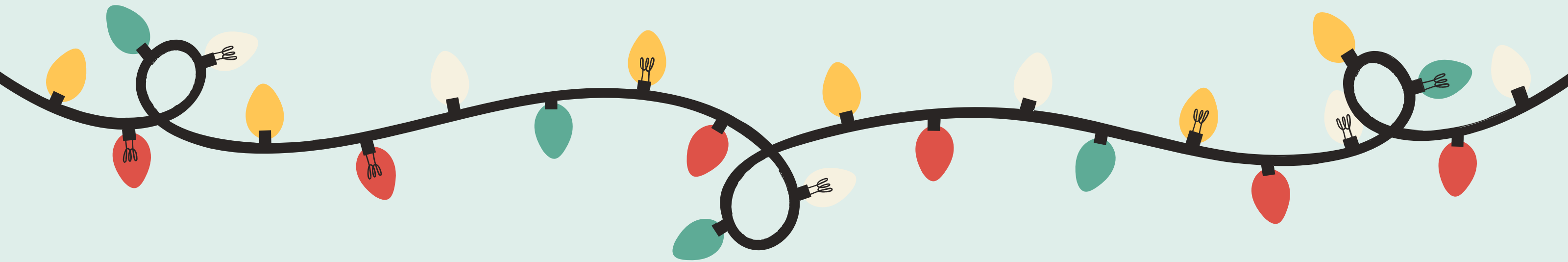


# 1 Deep breaths are your superpower

When the holiday chaos hits -  
remember that oxygen can be  
your secret weapon.

Inhale the joy, exhale the  
stress. Repeat as needed.

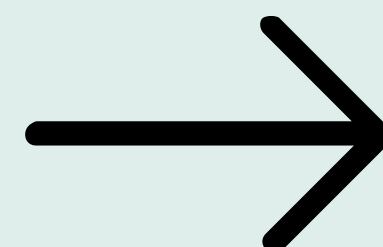




## 2. Set realistic expectations

Remember, it's ok if things don't go as planned.

Flexibility is your best friend during the holidays.

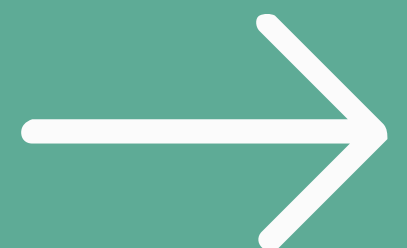


The background is a solid teal color. In the upper right quadrant, there are several gold, five-pointed stars of varying sizes, scattered across the space. The stars have a slightly textured, metallic appearance.

# 3. Make space for selfcare

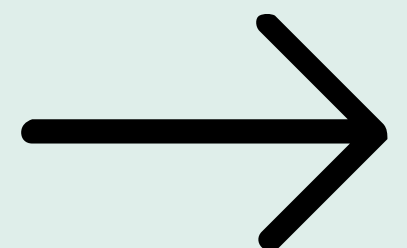
During this festive season, it's easy to put yourself last on the "list".

Don't forget that you deserve some "me" time, whatever that may look like!



# 4. Embrace a digital detox

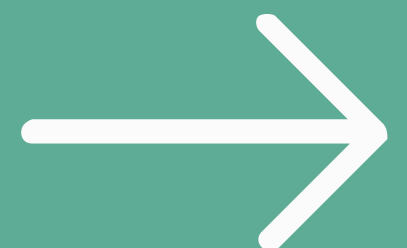
Your memories deserve your undivided attention - choose presence over notifications.





# 5. Treasure the candid moments

Forget perfection - the laughter, the silly moments, and even the quirky family traditions are the real treasures of the season!



# 6. Activate your endorphins

Walking = instant happiness hack.

Go from 'meh' to 'magical' in just a single stroll outside.

