



10 Ways to Create  
Comfort & Joy this  
Holiday Season

with Colette Lafia

**Bring the gift of comfort to others  
by taking time to listen.**







**Give yourself a comfort break.**



**Find simple ways to create  
holiday comfort in your home.**





**Imagine a thread connecting every human being and connect to the holiday spirit.**







**Receive the presence of another person's tears.**



**Give a present that  
evokes comfort.**







**Discover the comfort of gratitude.**





**Enjoy the comfort of your own company and taking care of yourself.**



**Let your everyday routines be a  
continual source of comfort.**





**Look for opportunities to help another.**

