

Holiday Wellbeing

With the festive season edging closer now is the perfect time to embrace the festive cheer! However, that doesn't mean your wellbeing has to take a pounding!



Wellbeing tips this holiday season:

1. Savour the moments – disconnect to re-connect

The festive season is all about spending quality time with families and friends. Disconnect from your screens to re-connect with the people that really matter in your life.

Fun Fact: Just having your phone on the table (even if it's face down) is proven to reduce social trust and engagement.

Top tip: Staying present – this means stop looking forward to the next thing, slow down and enjoy right now.

2. Stay hydrated

Wine, festive cocktails, binge drinking and even too much tea and coffee are enough to cause chronic dehydration. Make sure you drink plenty of water between alcoholic drinks and before you go to bed!

Top tip: Be sure to start your day with water before that Advent Calendar door opens!

3. Spend more time being than doing

Have you ever found yourself snapping over the tiniest things due to a build-up of life pressures? Scheduling 10 minutes for yourself every day will reduce the festive frictions as well as giving your adrenal glands a much-needed break. (The adrenal glands produce the hormone, cortisol, which helps us respond to stress).

Top tip: Box breathing – breath in for 4 seconds, hold for 4 seconds, breath out for 4 seconds, hold for 4 seconds, then repeat up to 10 times. Give it a go and experience its calming effects!

4. Give your digestive system a holiday too!

No-one likes to be overworked at Christmas, so don't force your digestive system to work back to back shifts either!

Our digestive system can only regenerate cells and repair damage when we are in a fasted state i.e. not digesting. Therefore giving your body a 12 hour break will reduce the amount of damage that takes place as well as increasing the amount of time the digestive system has to repair itself and process the night before over indulgence!

Top tip: Plan ahead! If you know you're going to be eating more than usual and maybe eating dinner late, start the morning with water and herbal teas, and if you really want to charge your system, exercise before breakfast!

5. Move your lymphatic system

Your lymphatic system is your body's waste removal system. It requires movement to eliminate the toxins your body is constantly processing. Exercise is a great place to start to shift these toxins. Short bursts of jumping, dancing and sprinting are the best choices but power walking also has its benefits.

Other ways to move your lymphatic system include dry skin brushing, massage and relaxing in an Epsom salt bath for 10-20 minutes.

Top tip: Jumping on a trampoline is one of the most effective ways to move your lymphatic system whilst being gentle on your joints!

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6. Get outside to experience the magic

Thousands of studies have been carried out on the benefits of being in touch with nature; from reducing depression and anxiety to lowering blood pressure. You don't need mountains or woods to reap the benefits of the great outdoors. Find parks, green spaces or even your garden.

Top Tip: Go for long walks with the family, a friend, your dog or simply on your own. Soak up the beauty of nature and notice how much more calm you feel.

7. Practice daily gratitude

Shawn Achor, has studied happiness at Harvard University for over 12 years. He found that writing 3 things you are grateful for every day for 21 days straight increased people's happiness levels, decreased their stress load and even boosted their immune system!

Top tip: Leave a notepad by your bed. Write three different things every day that you're grateful for – it can be as simple as, I am grateful that my partner made me a cup of tea this morning.

8. Give more than you ever expect to receive

Doing something for a friend, helping a stranger, volunteering, making a present, completing random acts of kindness or simply taking the time to genuinely thank someone will strengthen relationships and create experiences that material gifts can't even get close to. Happiness is a choice. It is the best gift you can give others because it's contagious!

Support Local Business:

With the holiday season now in full swing, it's more important than ever to keep our small businesses top of mind when tackling our shopping lists.

Why?

- Shopping local helps grow your community's economy.
- Shopping local boosts job growth in your community.
- Shopping local gives your community's creatives much-needed exposure.
- Shopping local means you get personalized service and products.
- Shopping local shows appreciation for area farmers and the environment.

Wishing you a wonderful festive season – here's to great wellbeing choices and positive changes to help you live your best life!

Experiencing mental distress?

Free call or text 1737 any time 24 hours a day. You'll get to talk to (or text with) a trained counsellor. Service is completely free. You can read more [here](#)

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