



Some Healthy Tips for Enjoying the Festive Period



Preparing your children for Christmas on a budget:

Talk it out

While many of us know the true meaning of Christmas is spending time with loved ones children may not see it that way. If your children are having a tough time adjusting to changes in your plans, let them know you understand and that you feel disappointed too. Encourage them to share their thoughts and feelings and help them appreciate why things have to be different.

Focus on what you can do

Whatever way your family celebrates, focus on the rituals you can continue to do together – rather than focusing on what you can't do this year. Think of this year as an opportunity to start new traditions and think creatively. Instead of buying off-the-shelf gifts, you'll have time to get creative and find more thoughtful gifts that'll really show how much you care.

Look at the positives from scaling down

This might be an opportunity to focus on the parts of the holiday that are most meaningful to you such as connecting with family and friends. Plan ahead for things to do such as a Christmas-themed treasure hunt! a cheap and easy way for you to keep them occupied for a couple of hours and to help family members bond and work together.

Enjoying your Festive Food Sensibly:

Everything in moderation

While everyone is more likely to take in more calories than they need over the holidays, don't go too mad and eat until you feel sick. Try sticking to reasonable sized portions.

Enjoy your fruit and veg

Everyone is more inclined to over-eat over Christmas, but you can never have enough fruits and vegetables! They are a vital source of vitamins and minerals needed to stave of all those common colds and flus around this time of year.

Drink some water

Never underestimate the power of water!. Not only does water help you to stay hydrated, it also helps you to feel full, decreasing the likelihood that you'll snack away on that tin of quality street!

Savor the flavours

Take time to enjoy some of the once-a-year delicacies and make sure you eat slowly to savor the experience. Not only will eating slowly heighten your enjoyment, it will also help you consume fewer calories.



Disconnect to Reconnect over Christmas:

Disconnecting entirely from work is a great idea (and one that is founded on solid clinical research), but it's a tough one to actualize for some even during the festive season

Be specific and strategic with your out of office

Even a partial disconnect from work requires an out of office auto-response on your work email. The more specifics you include about your time off, the less you'll have to worry about. State that you won't have email access while OOO.

Announce your break to clients and on social media if necessary!

It seems obvious but setting the expectation that you will be enjoying the holidays and will be back on a certain date means that you can switch off more easily.

Banish your laptop

Checking email on your laptop can be dangerous, as the ability to respond is right at your fingertips. At the very least, if you need to monitor email traffic or have the ability to jump in if there is a fire drill, use a smartwatch.

Schedule non-work activities into your work calendar

For those who just can't switch off, hold yourself accountable to providing yourself with that scheduled time offline. Don't be afraid to tell co-workers or clients that you have a hard stop time so you can effectively disconnect.

3 Stretches to Relieve Neck and Back ache after too much Sitting Around:

It is very easy to get lazy sitting around with family, over-eating and watching TV so practice some simple seated stretches to stay energised.

One arm pump up stretch

To do this, pump your right fist up above your right shoulder. Reach up through your right fist, and ground down through your right hip. Feel a stretch along the right side waist. For more of a stretch, lean over to the left. Hold this for a few breaths, and then switch sides.

Chin jut

This exercise is great to improve posture and align your cervical spine. Simply jut your head and chin forward as if you're trying to touch a button in front of your chin to press play. Then, bring your head, neck, and chin as far back away from the button as possible. Repeat this 10 times.

Shoulder shrug with head turn

This exercise helps increase mobility in stiff shoulders. Shrug the shoulders up towards the ears as high as you can. Then release the shrug and turn the head quickly to the right. Bring the head back to center, shrug the shoulders up again, and then turn the head quickly to the left. Repeat this 5 times per side.

A very merry Christmas from all of the team at laya healthcare !!