

Recovering from the Festive Season

Christmas is over but many people are still stressed from celebrations or unexpected events like family illness. And some people just have the after Christmas blues! Time to recover!

How do you Emotionally Pick Up?

- Give yourself a pat on the back – you got through it! Take yourself out to coffee or give yourself a treat; maybe a massage or a spa treatment!
- Spend 10 minutes each morning before you get busy sitting quietly and looking at something beautiful – a flower, a picture or the wind on Lake Wendouree. Don't think – just look.
- Have a laugh at something – play a game, put on a funny DVD or call a friend and have a laugh.
- Review the things that didn't go to plan over Christmas – could you have done them differently? If so, make a note for next year and let it go. If not, let it go – you've done your best.
- Clean up - pack away all the Christmas decorations, clean out cupboards and wardrobes; get rid of things you don't need or use. Do a dump run!

How do you Physically De-Stress?

- Release those tight, stressed muscles – stress doesn't automatically disappear after Christmas but stretching, relaxation exercises, acupuncture or massage can help.
- Relax – Set at least half an hour aside each day to do something you find relaxing: read a book, go for a walk, listen to music or meditate.
- Re-establish your lifestyle routine – even though you may not be back at work yet getting up at your usual time and having regular meals will get your body back into sync.
- Get enough sleep – sometimes we've been short on sleep over the Christmas period so make sure you're getting enough sleep now: 7-9 hours a night for adults.

What Should you be Eating and Drinking?

- Eat three meals a day – over Christmas you may have been eating more often or even continuously! Having three meals a day, at regular times, will settle your digestion.
- Eat lots of fresh fruit and vegetables – this will help your digestion and give you energy. Considering half filling your plate with salad or vegetables before adding other food. Fruit is great for desert or a snack.
- Portion size is important –we often get use to overeating during the festive period and tend to continue afterwards. If you have trouble serving yourself less food, try using a smaller plate!
- After dishing up the meal, put the food away – leaving food out can lead to 'grazing' and you keep eating although you don't actually feel hungry.
- "Hide" chocolates, biscuits or cakes – put them away in a cupboard out of sight. If you can see them, you tend to keep snacking on them.
- Drink lots of water – if you don't like water, consider soda water or sparkling mineral water maybe with a twist of lime. Aim for at least a litre a day – more in hot weather!

Exercise

- Exercise not only helps the digestion but gives you energy and helps you sleep. If you don't normally exercise, consider starting your day with a walk in the morning while it's cool.
- If you haven't exercised much in December, ease back into your old routine – it will take a couple of weeks to get your fitness back.
- If you haven't exercised for a while, start slowly and gently; walking or cycling in the cool part of the day or a gentle swim – and don't forget to stretch afterwards.
- Drink plenty of water while exercising and after you finish!