

Recharge Your Batteries

As 2018 draws to a close and we find ourselves racing through Christmas festivities, remember to take a moment to recharge after a busy year with our helpful tips.

Connect



The festive period is a great time to talk to, visit or engage with our friends and family. Remember to look out for one another, and reach out if you need support. Staying connected improves mental and physical wellbeing by releasing oxytocin hormones - which help us feel good!

Psychological Detachment



We need to switch off from work mentally in order to recharge our batteries, not just create a physical space. We can detach psychologically by engaging in hobbies, reading a good book and exercising.

During the work week, we can often become addicted to checking our phone and emails, and can fall into this trap while on holidays too. Make an effort to step away from technology: separate from your phone, and allow yourself to be fully engaged in what's right in front of you.

Health



Who doesn't over-indulge a little during the holidays? It's probably why so many of us want to detox and diet in the New Year! Excessive eating and alcohol consumption causes low mood and irritability. We can recharge our energy tanks by drinking plenty of water and maintaining a balanced diet of fruit, veggies, carbohydrates, proteins and omega 3 sources.

Reflect and Reset



Take time to reflect on the year that has passed, and evaluate your accomplishments, successes and lessons learned. Start to list the goals you hope to achieve in 2019. Connect your goals to something personally meaningful, and break them into smaller milestones so they feel achievable.

Rest



Christmas is often stressful, and these pressures can heighten feelings of anxiety, anger or depression. Try to allocate one hour a day for rest and recharge by incorporating meditation or breathing exercises into your routine to help you control focus and emotions.

To achieve a better night's sleep, try to establish a sleep routine (go to bed and wake up at the same time each day) so that your body knows when to relax; reduce caffeine and alcohol consumption at night; and avoid strenuous exercise before bed.

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