

# LIGHTEN

## Lighten the load to make it a time of peace and joy

### Bring on the season without the stress

It's time to talk about Christmas! If you aren't in the Christmas spirit just yet then we're with you – but work with us on this. For most, the run up to the festivities comes with a LOT of life admin. At Lifefyle we're about helping you to focus on getting your ducks (or turkey's) in a row, so that when you're ready to embrace the true wonder of the holiday season you can do so without the cortisol increase. Below is the list of tasks that you might want to start to schedule into your Lifefyle account. That way you can start working through them at an easier pace over the next few weeks for a stress free Chrimbo.

### Get ahead of the rush

- Budget planning: It's a dull but good place to start. Knowing what you've got to spend across travel, hosting, food, gifts, decorations & activities will allow you to plan accordingly.
- Logistics: Work through the when, where, how and who of Christmas. Book travel tickets & make any table reservations.
- Meal Planning & Delivery slots: Grocery delivery slots over the holiday season go fast! Get ahead of the game now by roughly planning what food you'll need. Create basic shopping lists and book in deliveries. You' can edit & change your orders later. If hosting, you also need to think about ordering that turkey (or alternative) too.
- Master Gift List & Online shopping: Build up your gift list (think beyond family & friends to teachers, colleagues and stocking fillers). Split out your budget and start shopping from the comfort of your sofa now. If you're not seeing someone personally then there are some great subscription gifts around
- Wrap it up. Buy cards, wrapping paper & accessories now – wrap a gift or write a card or two in front of the telly each night.
- Finally think about the fun! Book panto tickets, Christmas shows, leisure activities and any visits to see the big man!



### Less of the waste, all of the wonder.

This certainly isn't an exhaustive list. but we've tried to get you thinking about the really time consuming stuff or the problem areas now. If you've got the core elements & events scheduled in, tickets booked and gifts under control you'll be in a much better headspace to enjoy the fun & frolicks of the festive season.

# ENHANCE

## Meditate your way into a happier existence.

### Scientifically proven to lower stress and increase wellbeing.

Rooted in ancient Eastern philosophy, meditation is an intentional and observational practice where you focus inward. What's really cool about it is that scientists have been able to watch the impact of meditation via brain imaging (MRI), and it shows that it encourages the cells in the brain to develop patterns that strengthen the brain structure in positive ways – enhancing decision making, memory, emotional flexibility and concentration amongst others. So, if you're feeling stressed, low or overwhelmed meditation is a great antidote. There are loads of forms of meditation including mantra, tantra and visualisation, but we're going to keep it simple and focus on breathing.



### 5 minute breathing meditation

- Set a timer for 5 minutes. This will allow your mind to forget about time and relax into the session.
- Take yourself to a place where you won't be disturbed. You can meditate in any position that you are comfortable in, but why not try the traditional method of sitting crossed legged, with hands on your knees with palms facing up. Bring the tips of the thumb and the index finger together to form a circle in Jnana Mudra (aka the wisdom sign – it's supposed help the mind open up and invite knowledge).
- Close your eyes and focus inward. Don't change the breath but observe it. Feel the body move with the inhalations and exhalations. Notice how the breath flows into the nose, throat, chest and abdomen. If your mind wanders, observe the thought and then gently bring it back to focusing on your breath.
- When the timer pings allow your focus to return back outward. Slowly wiggle the fingers and toes and stretch out.
- It takes a few goes to get used to it. When you start to feel the benefits of 5 minutes then increase the time in small increments.

### Guided meditation and app support.

You might find it easier to use a meditation app to help you get started and guide you through your meditation practice. There's a plethora of fantastic options available – checkout Headspace, Calm, Sattva, Buddify, Insight or Breethe – all have been ranked up there with the best of 2019's meditation apps.

# HEAL

## Have winter rescue remedies to hand for better sleep

### Bring a little light relief to the winter ailments.

While winter is a wonderful season, it's also the time when we are all a little more vulnerable to illness. Often, antibiotics and over the counter medicines aren't much use for a common cough or cold. While we would never want anyone to take any medical risks, if you've been told by the doc that you've just got to ride it out then there are a few things to consider stocking up on in addition to your standard medicines. Take some of the stress out of shivery colds and blocked noses by getting prepared and stocking up on these natural comforters to bring a little relief when our immune systems have taken a knock.

### Helping hands

- Vitamin C or multi-vits: It's a good idea to have a daily dose through the winter months for an immune system boost.
- Honey: Nature's healer, it's anti-oxidant and anti-inflammatory properties make it great for relieving coughs and sore throats. Combine with ginger or honey in hot water for a wonderful, comforting drink.
- Epsom salts: Add to a bath to help lower a fever and reduce aches & pains.
- Hot water bottle: A lovely way to warm up beds and tired bodies or to relieve aches and pains.
- Saline spray: A quick squirt will make it easier to breathe and help to clear blocked noses.
- Tea tree oil: A natural antiseptic with antibacterial properties - it's great as a spray to keep surfaces free from germs or wiped across a scrape to help prevent infection.
- Lavender oil: Bring on the relaxation! Great in a vaporiser, in the bath or add a few drops on the pillow to aid calm.



### A little preparation can bring a wealth of comfort.

There's nothing that brings on the parent guilt more than seeing our little one's suffering when they are under the weather and we've got nothing to hand to help ease their discomfort. Add the above to your next weekly grocery shopping list or online order - they are relatively inexpensive, will last you through the winter and will allow you to be on hand with some light relief when the winter ailments kick in,