



8 self-coaching tips to help you thrive during the festive season

Plan ahead. Write up all your holiday preparation in one place. Create a list for gifts and one for food, drink and sundries. Being organised will put you in control and help reduce stress. Then you can enjoy the anticipation of festive fun.

Set a budget. Decide how much you will spend before hitting the shops. Think about exchanging home-made gifts. The personal touch is often welcome. Others have spending considerations too, so don't be afraid to raise the subject.

Delegate tasks. Ask for help ahead of time. Which tasks can be shared out? List contributions that can be made to the feast. Talk to family and friends to agree on what they will do. Turn preparations into a fun social experience where everyone's involvement is welcome.

Mindful consumption. Christmas is a time for feasting and quite right too. But unbridled overindulgence isn't good for your health and can impair judgement. Stressful situations, coupled with too much alcohol, can result in misery. Drink plenty of water. Try non-alcoholic alternatives to beer, wine and spirits. Check out [Club Soda](#) for inspiration.

Keep your pets healthy. Pets are part of the family, and we can be tempted to share our feast with them. But Christmas food can be toxic for pets. It's wise to keep to your pets eating their appropriate food. The [RSPCA](#) provides advice to ensure your pets stay fit and healthy.

Get active. Getting outdoors can reduce festive cabin fever and counteract any overindulging that you may have done. All the more reason to plan some countryside walks or strolls in the local park. Get motivated to move more with the [NHS app Active 10](#).

Rest up. The hectic whirl of festive activities can result in sleep deprivation. This can leave you feeling edgy, sluggish and miserable. Take a look at the [NHS How to get to sleep](#). If worry keeps you awake, place a notebook by your bed and jot down your thoughts. Talk to someone you trust.

Find some 'me-time'. Take 15 mins a day to pause and refresh your wellbeing. Relaxation is a choice. Decide that it is important to you. Do something about it. Read a book, listen to music, take a bubble bath, try a mindfulness app. Be fully immerse in the joy of doing something just for you. Perhaps this can be the start of a self-care habit to take beyond the holidays.

For coaching that enables you to be at your resourceful best, please contact: connect@beverlylandais.co.uk

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