



All About Balance: Managing Festive Stress



Christmas is a time of celebration, relaxation and good cheer, however many aspects of the season can be stressful. Here are a few tips to help survive and enjoy the busiest time of the year without grinding yourself into the ground:

- **Shopping:** Don't leave it to the last minute. Spend time researching online (take advantage of click & collect) and then get together with some friends to share the experience out and about on the high street, eliminating the stress of waiting in for deliveries. Plan your food shop online and book your delivery date before all the popular dates are taken up.
- **Food & alcohol:** With all the parties going on, overindulging is hard to avoid. Balance out the party food with eating at home before heading out some nights. Try to add in two alcohol-free days a week to allow your body to rest.
- **Sleep:** Try and keep to your sleep patterns. Cutting back your sleep is a sure fire way to increase stress and burn yourself out. Try and get a few good nights in to rest, particularly in the lead up to the big day.
- **Exercise:** Not only a great way to help burn the indulgence off but for helping reduce tension and stress. Maintaining a regular routine of even 2-3 times a week will make it easier than stopping altogether and trying to pick it all up again in January!





Healthy Festive Food



Maintaining a healthy diet at this time of year is a challenge. Here are some nutritious festive foods to include:

Chestnuts: A good source of Vitamin C to help support your immune system, as well as being high in fibre and lower in calories compared to other nuts.

Smoked salmon: Rich in Omega-3 oils, promoting a healthy heart through improving cholesterol profile. It is also a great source of Vitamin D, which many of us become deficient in during the winter months.

Walnuts: Along with Omega-3, walnuts contain magnesium that can help reduce tension and irritability in the body. Perfect to snack on during stressful situations and times of the year.

Dark chocolate and cranberries: Mix a small amount of dark chocolate (70-80% cocoa), (which is more nutrient rich and contains greater amounts of antioxidants than milk chocolate), with a handful of cranberries for a healthier after dinner treat.



Food of the month

Try a fresh approach to cooking the traditional Brussels sprouts.

- 1.5kg Brussels sprouts
- 200g Vacuum packed chestnuts
- 200g Smoked bacon lardons
- 1tsp Vegetable oil

Heat oven to 220°C/200°C fan/gas 7. Bring a large pan of water to the boil, add the sprouts and cook for 5 mins. Drain and refresh in cold water.

Toss the sprouts with all the other ingredients in a bowl and season with a pinch of salt and a good grinding of black pepper. Tip onto a large baking tray in a single layer. Put in the oven and roast for 30 mins, tossing halfway through, until the bacon is crispy and the sprouts are golden and tender.



Fact of the month

370 million

The number of mince pies eaten over Xmas



Quote of the month



“ The best way to spread Christmas cheer is singing loud for all to hear ”

- Will Ferrell, 'Elf'



Save the date | Organise an activity

21ST January 2019 is #BrewMonday, take time for a cuppa and a chat. Beat the January blues together.

