

A calm Christmas

Does tinsel make you tense? When your childhood wish list becomes a long 'to do' list, Christmas can be confronting. Before you strangle Santa and scream through 'Silent Night', try these tips to a stress-free festive season.



Keep it simple!

'Tis the season to socialise and celebrate! But how do you survive the festive season with your sanity and savings intact? Businesses have brainwashed us into believing it's all about spending money. But in reality it should be about spending quality time. This just might be the year to examine your approach to Christmas and do it differently. Here's some top tips to think about:

- **Limit your spending** – destroy credit cards, give help as gifts, do secret Santa, shop online, get gift vouchers, only give gifts to kids, make gifts (such as homemade nuts, shortbread and cakes) make wrapping paper and cards.
- **Schedule smoothly** – avoid last minute panic and crammed calendars – this year make a plan to buy gifts early, only attend preferred functions (you can say no!). Organise guest lists, menus and dishes ahead of time.
- **Maintain routine, rest and exercise** – this will give you the energy to survive the season!
- **Ask everyone to contribute a dish!**
- **Reduce fat, alcohol and sugar** – sure it's difficult to curtail some of these things at this time of year, but you will notice a difference if you do!
- **Swap coffee for matcha green tea** – it calms the mind and relaxes the body.
- **Lessen liver damage and weight gain** by taking daily supplements of garcinia and milk thistle – oh and did I mention exercise is important?!
- **Laugh all the way** with silly hats, jokes, photos, activities and shows such as *Merry Christmas Mr Bean*.
- **Travel well with rescue remedy**, sunscreen, insect repellent, tea tree oil, arnica, ginger chews, charcoal for diarrhoea and pycnogenol for jet lag.
- **Stay strong** with immune/stress tonics such as vitamin C, zinc, withania and rhodiola.

Presence

What does Christmas mean to you and why? Traditionally it celebrates Christ's birth. However, even if you're not religious you can embrace the spirit of Christmas by offering your presence. One of the greatest gifts you can give someone is your time. So why not make a simple voucher for a dinner out with dad, or a movie with mum.

Finally, remember to be kind to yourself! Keep an eye out for tell-tale signs of stress such as tense muscles and irritability. Access serenity by sitting in silence and breathing deeply – see Bronni's tips opposite for how to achieve inner calm.

Supplement your day with a good dose of magnesium, a critical mineral to help you cope with stress. To help you relax and unwind, homoeopathic formulas specifically developed for this purpose are a good option. The oral spray or pilules are safe, effective and easy to take. 

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