

THE HEALTH DIGEST

December, 2021

CHOOSE WELLNESS



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Bringing Your Healthy Smile Back!

Holiday Wellness Tips!

Staying healthy during the holidays has its challenges and most people feel a little overwhelmed during the holiday season. The holidays are, undoubtedly, the busiest time of the year for a lot of people, which can make it hard for one to stick to a healthy lifestyle and wellness goals. Here are some useful wellness tips to help you stay on track during the festive season:

Prioritize “Me Time”

Taking some “me time” isn't selfish; it's a necessary component to leading a healthy and active lifestyle. It's important to set aside some “me time” to help you cope with the chaos of the holiday season. “Me time” can be whatever you want or need it to be.

Practice Self-Control When It Comes to Food

The holidays are a time when a lot of people let loose and are willing to divert a bit from their dieting plans. It's the festive season after all, a time when everything is done in excess and there is no holding back. But leading a healthy lifestyle isn't a seasonal pastime. Eating healthy during the holidays and practicing self-control, especially when you're constantly surrounded by an assortment of your favorite holiday treats can be difficult. One of the best tips to stay healthy is therefore not to let yourself lose control of the situation by over-indulging in unhealthy foods. However, there is nothing wrong with mindfully having a treat or two.

Be Mindful of Your Alcohol Consumption

With all the holiday parties and family get togethers you will most likely be attending during the festive season, it can be easy to lose track of your alcohol consumption. Festive drinks are holiday get-together staples and as such try to be mindful of how much alcohol you're consuming. Remember to drink lots of water and consume alcohol sparingly.

Get Plenty of Sleep

Sleep deprivation is a major cause for concern during the holiday season. Most adults require an average of 7 to 9 hours of sleep for their brains to function normally. Getting a good night's sleep is key to staying healthy and it ensures that you have enough energy for all the social events and activities during the festive season, otherwise holiday burnout may hit you hard!



Enjoy Quality Time with Loved Ones

Spending time with family and friends is the essence of the festive season. It's a time when people visit each other to reconnect as the year closes. While it can be exhausting making time for every single person in your life during this time of year, just making a simple phone call or Christmas greeting is enough to let your loved ones know that you care about them. You might even notice that the more you do this, the more other people are willing to return the favor!

Remember COVID-19 is still with us

Be mindful and always practice the WHO recommended preventative measures. Whilst the festive season has traditionally been a time for freely engaging with friends and relatives, be considerate of others' preferences for interaction in the COVID-19 era. Where some are not welcoming visitors to better protect themselves, call them instead and catch up over the telephone.



Traveling tips for the Holidays

Many people choose to travel by road during the holidays, which unfortunately has the highest fatality rate compared to other forms of transportation. Stay safe on the roads over the holidays and every day by following some of the tips below:

- Get a good night's sleep before travelling and always avoid nighttime driving.
- Do not use the cell phone while driving, cell phones are a major distraction.
- Never drive under the influence of alcohol and drugs.
- Ensure everyone has a seat belt buckled up and use the car-seat for small children.
- Always keep a breakdown kit (spare tires, jumper cables, fuses, flares, flashlights, blankets, etc.)
- Don't carry too much cash or valuables on your person.

5 SAFE DRIVING TIPS FOR LONG ROUTES!

1 Take a break for 10 to 15 minutes every 2 hours, even if you're not tired.

2 You can schedule stops at places of interest along the route.

3 Grab a **snack**, get some **fresh air** and **stretch your legs** by walking around. Take a **quick nap**, if needed.

4 When driving alone, turn on the radio.

5 Change drivers every 2 to 4 hours.



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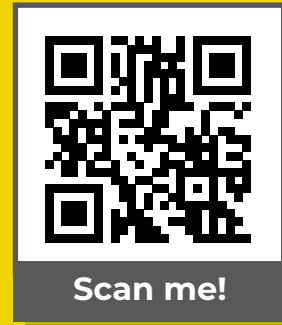
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Understand the Fund Rules

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