



## Festive health

As we head out of official lockdown and into the month of December, our focus turns to festivities, family time and excess! With that in mind, Elaine has kindly shared some of her top nutritional tips to get us festive fit for December.

### Looking after your kidneys

Coconut water can help prevent kidney stones, reduces blood pressure and benefits against diabetes.

### Looking after your liver... before a festive bashing!

Spinach pops up again! This superfood can keep your liver detoxified. Try adding spinach in curries or smoothies if you're not keen on eating it on its own.

### Weight loss

Did you know the juice of a fresh orange with warm water is great for burning fat and improving digestion?

### Eyes and sleep

Pistachios can protect your eyesight. They are packed with lutein which helps

eye health and these lovely nuts can also strengthen your bones. Pistachios are also great for promoting a good night's sleep; just two pistachios can help provide enough melatonin – the hormone which is released to help control sleep cycle. Be careful though, if you eat too many of these it can have the opposite effect!

### Glowing skin-

Drinking raisin water daily on an empty stomach for 30 days can help remove spots and acne as raisins are a fantastic blood purifier – they clean out the system to promote clear, glowing skin. Raisins are also high in potassium and magnesium – perfect for that festive glow!

## MINDFUL GIFTING

On this week's Rampion House Zoom catch up, Bobbie shared her tips for relaxing at home during lockdown, which included a large number of creative activities, from mindful colouring to lego. It stirred up a lot of interest from colleagues with many committed to going away and dusting off old puzzles and colouring sets and prompted me to think about my gifting this Christmas and what might help my family relax and reset. Enter the Mindful Christmas gift list, which I thought I'd share with you to either gift your friends, or perhaps to ask Father Christmas for this year – if you've been very good that is! Amazon is great for ease of shopping, but I encourage you to shop local and support small independent businesses where possible, as they all need our support this year...

- A mindful colouring book – there are so many to choose from.
- Grown up lego sets; Lego architect is fantastic, or they do classic cars etc.
- Puzzles – there's loads of Where's Wally ones which will keep you occupied for weeks! How about a portable puzzle board too...
- Arts and crafts; from sewing and knitting kits, to home improvement, mosaic art kits, painting... so many options.
- Make do and mend – a brilliant book for the do-er upper in your life!
- The Collins complete DIY manual is also a must!
- A happiness or gratitude journal – everyone could benefit from one of these this year.



Don't forget to book off your Georgina Day: an extra day's leave for all colleagues to take at Christmas – in celebration of the first grandchild to be born into the next generation of Fields.

# Have an awesome day!

By Emma Symons

How often do you wake up feeling energized and ready for the day ahead when you finish your morning routine? Do you even have a morning routine? Do you usually sleep as late as possible, grab some coffee and then rush to get in to work on time? Or do you get up and give yourself enough time to ease into your day feeling relaxed and ready, through some combination of self-care activities? The way you start your day sets the tone for how the rest of your day will pan out.

Some days are easier than others; you feel good about life so it's not too hard to feel ready to face the day. But it's when we're not feeling our best that we need self-care the most. A few minutes of self-care, especially in the morning, when our choices have immense power to shape the 24 hours ahead, can make all the difference. For me, a really good way to prepare for the day is through mindfulness.

Mindfulness is simply being where you are. Grounding yourself in your body and choosing to let thoughts naturally pass instead of getting caught up in them.

It's a great practice any time of day, but particularly in the morning, since it enables you to create the kind of energy you want to take into the tasks and interactions ahead of you.

There are limitless ways to practise mindfulness, but here are a couple of easy morning fixes:

**Mindful check-in** It's very easy to just jump out of bed and start the morning without really checking in with ourselves to see how we're feeling. When you switch off the alarm, just take a few minutes to lie in bed, breathing deeply and checking in with yourself to see if you are



holding any tension anywhere. Check how you feel emotionally: are you anxious about anything, or are you holding on to any regrets or thoughts from yesterday that you need to let go of.

**Mindful shower** Our morning shower is a perfect opportunity to be in the moment, focusing on the feeling of the water, the smell of the shower gel and imagining our worries washing away down the drain with the water.

**Mindful breakfast** Breakfast is the most important meal of the day, and yet we very often just scoff something down while checking our phone or grabbing our car keys to get out of the door. Let's face it, taking time to really taste our food doesn't take long so why not give yourself five minutes, turn off the phone and the TV and just focus on the flavour and experience of eating. Savouring our food shouldn't just be reserved for a fancy meal in a posh restaurant.

So, we may not be able to control what happens outside of us, but we can control how we react and what goes on inside of us. Taking an extra five or ten minutes in the morning to be mindful and check in with our thoughts gives us the opportunity to change how we think and therefore changing how our day turns out.

Why not make tomorrow an awesome day?

If you haven't already – check out the new Colleague Wellbeing hub on Sharepoint, a go-to for all resources wellbeing-related.

