

Enjoy the preparation

Many people find that unrealistic expectations (often from adverts, TV and film) of a 'perfect Christmas' make it hard to enjoy themselves. To delegate, start by listing every single little chore. If you're feeling stressed about all the veggies that need peeling, encourage older children or other adults to help in a relaxed and laid back manner. Enjoy this time catching up while you work instead of worrying about the next thing.

Organise your Christmas shopping

It sounds boring but getting organised will help you enjoy buying your loved ones gifts. Make a list of recipients: family, friends, colleagues, neighbours. Thinking about the kind of thing they'd appreciate before you even start will help you save lots of time. Planning your route of shops (or even websites) will help you avoid tired feet and stress.

Does thinking about everything make you feel a little low?

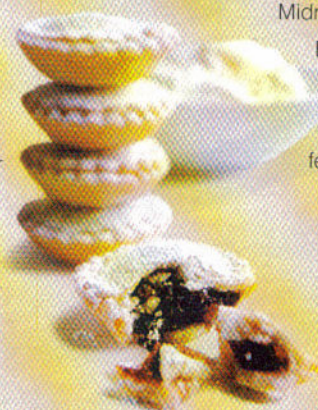
A 5-HTP supplement can help you lift your mood naturally by boosting serotonin (this is also known as 'the happy supplement'). Think about other ways to boost your mood, too. No matter how busy you are, get some exercise every day. A brisk walk or swim will also help boost your serotonin levels.

Wishing peace and goodwill on your in-laws and extended family?

If not, ginseng can help your body cope with physical and emotional stress, improve your energy levels and leave you feeling restored. If relatives are staying with you, think about things that would make you feel welcome if you were staying with them. Don't put yourself last. Make time for the things you want to do, too.

(A walk after Christmas dinner or Midnight Mass?)

Balancing give and take will make you all feel good.



Keep your Christmas cheer

by life coach, Eve Menezes Cunningham

Take some time out each day to do nothing

This may sound crazy with all the things on your many To Do lists, but just a few minutes a day of 'nothing time' will recharge you. Sit comfortably somewhere quiet or even lie down for a bit. If you're worried about falling asleep, set an alarm. This true 'me-time', even just 5-10 minutes, will help you come up with creative solutions to stubborn problems and keep you cheerful.

Have you been overindulging?

If excess alcohol and rich food have left you feeling worse for wear, artichoke can help ease bloating and improve digestion. It can also protect the liver from toxins like alcohol. Pay attention to your body and do your best to eat only when you're hungry. Piling slightly smaller plates high will help you and your guests feel indulgent without eating quite so much and regretting it later.