

# Health & Wellbeing

## December – Enjoying the festive season



### *Mindful eating*

Christmas is just around the corner, and everyone is celebrating the end of another busy year. December is fun and festive but can be a challenging time for people when it comes to food; however there is no need to deny yourself of what is in front of you. Instead, eat mindfully.

Mindful eating is about focusing your attention on the act of eating. It involves eating with awareness of all of our senses - sight, sound, touch, taste and smell.

These mindful eating tips will help you to enjoy your food this Christmas:

- ❖ Slow down the pace of your eating – take time to taste and appreciate all the different flavours
- ❖ Be more aware of when you are hungry and when you are full – listen to your body (avoid going to parties on an empty stomach so you are less likely to overeat)
- ❖ Don't avoid your festive favourites, just enjoy smaller portions
- ❖ Eat with less distractions



## ***Look for ways to stay active over the Christmas period***

Who has memories of playing backyard cricket over the festive season? As adults, we do not automatically look for ways to move throughout the day, like children do. However we can often enjoy these activities as much as the kids, once we grab a bat and ball and get started. Enjoyment is the key. If we can find an enjoyable activity, we are more likely to participate.

So if cricket is not your style, how about unfolding the table tennis table, or pumping up the bike tyres and cycling around the block with the kids/grandkids?



## ***Wishing all TMHS staff a healthy and happy Christmas***

Remember to enjoy this special time with friends and family and to care for your wellbeing. At the end of this festive time you want to look back with fond memories and feel satisfied knowing you not only joined in the cheer and ate things that only come around once a year, but you did so whilst feeling healthy and happy.

