



## Health Advice

# 7 tips for a relaxing end to the year

In the end-of-year sprint, it's not always easy to relax. Every year, December is packed full of deadlines, appointments and errands. But when the holidays arrive, we can usually shift down a gear. It's worth taking things a little slower and more mindfully in the last few days of the year. Why not make time for a few of the things that you let slide a little over the year? Here are some ideas for a more relaxed start to the new year!

### 1. Compile your own review of the year

Take a conscious look back at your year: What went well? What did you learn? What are you proud of? What didn't go as you'd hoped? What do you hope will be better next year? If you don't remember exactly, use your calendar to help you. Sometimes you'll discover particularly successful days or precious moments you'd already completely forgotten about.

### 2. Say thank you

What are you particularly grateful for this year? Are there people, such as colleagues, you would like to thank? Then now is the right time to say thank you, in person or with a card. And while you're at it, don't forget to thank yourself as well! You really do deserve a big thank you.

### 3. Call three people

In our hectic day-to-day lives, even the people who are dearest to us sometimes get overlooked. Who haven't you contacted for a long time? Who have you wanted to talk to again for a while or to get back in contact with? Take the time to do it now.

### 4. Give yourself extra time

It's often the case that we need breaks most urgently when we have no time for them. Therefore, in December, schedule an extra break of 10-15 minutes every day that belong only to you – no mobile phone, no computer. Just take a deep breath, look out the window at a green view, close your eyes for a little while – do whatever makes you feel good at that moment.

### 5. Get out into nature

Sure, it's often unpleasant, cold and wet outside around the end of the year. Don't let that stop you, because with the right clothes even a winter walk during your lunch break can really give you a boost: exercise in the fresh air gives you energy, gets your digestion going and also keeps you mentally fit.

### 6. Eat gut-friendly foods

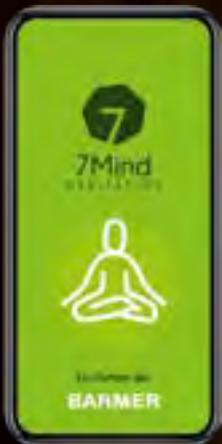
The food in the festive season is not exactly light, and that's a good thing. Enjoy the feast! But with all the biscuits and fondues, do your gut a favour and have the odd day eating lots of whole grain products, vegetables and healthy fats now and then.

### 7. Create nice new passwords

When it comes to creating passwords, we don't tend to be very creative. The main thing is that they're secure, and we can remember them somehow. How about starting the new year with some really nice new passwords? Ones that remind you of something special or make you laugh. But they should still be secure: with at least eight characters and a mixture of upper- and lower-case letters and special characters.

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