

# 5 Tips for Surviving the Holidays

Let's face it, the Holidays, as fun and festive as they are, can be hard on our bodies, minds and emotions. Here are a few tips for you to consider, a little survival guide:

- 1. Stay hydrated!** Help your digestion and immune system by drinking plenty of hot water. In the winter when it's colder, we aren't as thirsty and can easily get dehydrated. Dehydration inhibits our already overtaxed digestive system and weakens our immune system making us more prone to catching every bug that's going around. Hydrated = Healthy so fill a thermos with hot water and carry it with you throughout your day, sipping on it every 20 minutes or so.
- 2. Learn to say NO.** Make better decisions around which invitations to accept and which to decline. Be your own best friend and create spaces in your calendar between events so you're not overstretched. When we over schedule, we create stress and overwhelm which ultimately undermine our ability to be fully present and enjoy where we are, always rushing off to the next thing. Do less and be more. Attend the things that will nourish you, not stress you.
- 3. Get as much fresh air and exercise as you can!** Moving your body and getting your prana flowing will help you stay grounded, centered and get good quality rest! Fight off winter lethargy and stagnation. Bundle up and go for a walk. Take a friend along, log some quality time together and do something good for yourselves. A winter day on a windswept beach is one of my personal favorites.
- 4. On those days off, in between merry making, give your system a rest and a chance to reset on a deep level.** Cut back on the caloric intake. Eat a light breakfast, a nourishing and substantive lunch with plenty of healthy fats and some protein. And let dinner be really light; a light soup or just broth. Then take some extra time to give yourself a holiday gift: the gift of self care. An oil massage, a hot bath, spend some time in the magical silence of a winter night and go to bed early. You'll awaken feeling lighter, clearer, rested and ready to take on the next bacchanalia of holiday festivities.
- 5. Make the holidays your own.** Start your own holiday traditions, ones that contribute to a calmer, healthier, more grounded holiday season. Ones that support the person you want to become in the new year, rather than perpetuate some outdated version of yourself. Make this the year your holiday becomes more joyous and less busy.

I wish you all the happiest of holiday seasons and a New Year filled with love, surprises, adventures and the emergence of a better you.

Want to learn more about how to optimize your health, 12 months a year? Join me for the next edition of my signature program, Bhavana Vibrant Body. It starts this January. We'll learn how to align with nature's rhythms and emerge a more vital and vibrant you.