

The Health Letter

Merry Christmas

Dear Team Members and Families,

The festive period is the perfect time to reflect on how you want to start 2023...

Although the holiday season can be a busy time, it's important to try and slow down as much as possible. Taking the time to make small changes over the break can make a big difference when it comes to forming new habits for yourself in the new year.

Small tweaks like piling your plate with veggies and colourful salads to have with Christmas lunch, breaking up any alcoholic drinks with fruity, fresh mocktails, and getting out for a walk on the beach or heading out on country will help keep you energised.

Also, it's important to look after your mental wellbeing over the holiday season and if you can check in on people who may be going through a hard time. If you're struggling, reach out to your loved ones for support, or speak to your health professional – they're there to help.

Start the new year feeling your best with these 5 top tips for surviving the festive season:

1. Add some colour to your plate - enjoy your favourite festive foods with a generous serving of veggies, salads and fruit. You'll feel better for it!

2. Make a Christmas Fruit Punch Bowl - Imagine waking up on Boxing Day or New Year's Day feeling fresh and revived, not crusty and hungover! Try starting the party with a refreshing & healthy fruit punch bowl, and if you choose to drink alcohol, remember your water spacers and stick to no more than four standard drinks in a session.

3. Get some decent sleep - sleep is so important for our physical and mental health and most of us don't get enough of it. So these holidays make catching some more zzzzs a priority.

4. Keep it moving - keeping active is one of the best presents you can give yourself this Christmas. Get out and moving any way you can while having a bit of fun these holidays.

5. Make your resolution to quit - If you only make one resolution this New Year make it this one –make 2023 the year you quit smoking. Whether you've never tried to quit before or have and didn't quite make it, there's amazing help available at www.quit.org.au

Esso and have a fantastic festive season,

Mel and Vicki