

## Holiday Wellness Tips

The holiday season is upon us, with its whirl of parties, family gatherings and work events. It may be the most difficult time of year to do so, but it is important to schedule self-care.

Overindulgence is the name of the game during the holiday season; rich foods and fancy cocktails, late nights with little sleep. Add to that the financial stress of the holidays, the anxiety that can come with multiple social situations or dealing with family relationships, and self-care quickly gets bumped to the end of your list.

We at The Wellness Show want to inspire and encourage you to take time for yourself this busy holiday season. We asked some of our 2020 Exhibitors for tips and tricks on how to stay healthy and sane this holiday season, and are now passing them on to you.

### Some general tips to manage stress at the holidays

Here are some tips that might work for you:

- Set a budget and keep to it. Decide who you would like to buy gifts for and how much you can afford to spend on each person.
- Get organized! Use a day planner or to do lists to manage your schedules and tasks.
- Practice relaxation techniques like mindfulness, deep breathing, or progressive muscle relaxation.
- Don't be afraid to ask for help. Doing things together like gift wrapping or cooking can be a great way to spend time with the people who are important to you.
- Be realistic and don't put pressure on yourself to create the "perfect" holiday.
- Practice self-care: A warm bath, a massage, or your favourite holiday drink can all help you find some relaxation! --[The Canadian Association of Occupational Therapists – BC Chapter](#)

### Protect your dermal barrier

Your skin's outermost layer serves as its first defence against harm. Known as the Stratum Corneum by your Dermatologist, this layer is most affected by hydration, so be sure to keep your skin hydrated from the inside and the outside. Drink lots of water and use products on your skin that truly nourish with fatty acids and moisturizers/humectants (ingredients that draw in water) rather than harsh alcohol and chemical fragrances, which will only dry out the skin and make problems worse. --[Geti Cosmetics](#)

A great natural moisturiser is organic coconut oil. Pour some on your skin, concentrating on chapped areas like hands and feet. Crawl into some warm flannel jammies, put socks on your feet and gloves on your hands (this helps with absorption) and cozy up with your favourite Christmas movie. --[Naked Coconuts](#)

Do you need sunscreen in the winter? Absolutely! Other facts about sunscreen you shouldn't believe include: it blocks Vitamin D, it causes cancer, and you don't need it on a cloudy day. Most sunscreen contains blockers to screen out both UVA and UVB rays, which can even be present on those grey Vancouver days, so use it daily, year-round. -- [Quiklaser](#)

### Holiday tips for Pet Owners

- Decorations are not toys and can be very dangerous for both cats and dogs. If your pets are playing with tinsel, ribbons, or breakables, take the decorations away and put them where they cannot reach them.
- Did you know some holiday plants are very toxic? Keep plants like Poinsettias and Mistletoe away from your pet.

- Pets can enjoy a special Holiday Dinner, too. Feed them raw or cooked turkey meat, but no cooked bones, gravy or turkey fat. You can also add some raw cranberries, or raw pumpkin. –[Pet Connection Magazine](#)

### **Detox Tea**

Overdo it on the rich or fried foods at the office Christmas party? Try this detox tea to settle your tummy.

Ingredients:

- Cumin seeds - 1 part
- Coriander seeds - 1 part
- Fennel seeds - 1 part

Method: Steep for 2 minutes in boiled hot water, remove seeds and drink after each meal or when desired to support digestion. –[Ayurveda Vancouver](#)

### **Hygge & self-care**

- The holiday season is such a busy time of year spent hosting parties, buying presents, and thinking of others that we sometimes forget to take care of ourselves. One way to stay well during the holidays is to make time for the Danish practice of hygge.
- Hygge is more of a lifestyle for the Danish but it's been adopted and adapted in North America as a way of being cozy and comfortable, pausing to take a break, and care for yourself. It's all about taking a breath and enjoying a special moment for yourself or with friends or family.
- There's no magic formula for hygge. It can be comfort food for one, a tea while reading for another; whatever your preference, be sure to take a moment every day for some self-care hygge. –[Helthe Connect](#)

### **Breathe**

As we rush through our days with so many people and details to take care of, we often don't stop to think, eat or even breathe. When we feel overwhelmed, we often push through and move to the next item on our list, all in the name of producing. This can take a toll on the body as it reacts by releasing the stress hormone cortisol which has been proven to lead to illness after prolonged periods of time. Take a minute now and again to put everything in check through your breath. –[Mandala Blooms](#)

### **Eat Well *before* a party**

'Tis the season to eat and be merry! But eating and drinking too much can often leave us wondering why our pants are a wee bit too tight come January. One great way to avoid overindulging is to have a healthy meal at home before you leave for any holiday celebration. Include vegetables, a protein of your choice and a tall glass of water. Arriving feeling full will help you enjoy the celebrations and stick to your best holiday intentions! –  
[The IV Health Centre](#)

For more tips and tricks on how to live your healthiest, best, most holistic life, be sure to make plans to visit **The Wellness Show**, Vancouver's oldest-running and best lifestyles showcase, with 250+ exhibitors, 100+ speakers, demonstrations and workshops, at the Vancouver Convention Centre, February 1 & 2, 2020. Information and tickets available at [thewellnessshow.com](http://thewellnessshow.com).