

TOP TIPS

to recoup this December holiday

Being on holiday has been long thought to be one of the best things you can do for your stress levels. There's even research to prove it!

If you're one of those people (like myself) who find it difficult to switch off and completely unwind during your December break, not to stress (pun intended). I've compiled a great list of my three top tips to help you get to grips with holiday relaxation!

Three tips to de-stress over the holidays

#1: Get off the grid!

I'm not saying you have to retreat to the wilderness or a wellness spa and rely on forage berries and nuts during your holiday. What I am saying, however, is that you should disconnect your electronic devices and take time to get back in touch with nature. Seriously – switch your phone and laptop off for half an hour each day, and use that time to explore the beautiful outdoors or simply relax and take time out to yourself. You're on holiday!

#2: Treat yourself

Nothing says "holiday" quite like a massage or a spa day – can we agree on this? Thought so! It's a great way to release tension and relax your mind and body. Splash out on a facial, hot stone massage or mud wrap, and let all of your worries melt away. Because a little bit of pampering never hurt nobody, right? And if you look good you'll feel better.

#3: Work it out

While it might not be the first thing you think of when you're looking for relaxation techniques, exercise is one of the most effective ways to decrease your stress levels. It helps release feel-good endorphins, which in turn releases tension. Ultimately, this improves your mood and helps you sleep better. Take a long swim or walk... Whatever your choice of workout, you're guaranteed to feel refreshed and rejuvenated afterwards!

Let the countdown to the holidays begin!