

# HOW TO unwind MORE EASILY THESE HOLIDAYS



When it comes to unwinding and really restoring ourselves on holiday, it pays to remember we are far more than our physical body and our busy mind. Our emotional self heals and gathers strength when we take time out for ourselves. When we get quiet, we reconnect to our intuition and our higher self. Consider that your Whole Self is going on holiday: your mind, your body, your heart and your spirit. Nourish the whole of you these holidays.

## SET YOUR INTENTIONS

Go into your holiday aware of what you need out of your time off. What do you want your holiday time to do for you/give you? How do you want to be feeling at the end of it? Take this approach to weekends, retreats or trips away too. Set your intentions beforehand or within the first few days ...

These holidays I want time for ...

I want my holiday to give me ...

At the end of my holiday I want to be feeling ...

## CHOOSE WHAT YOU NEED

Your holiday time is precious – spend the best way possible FOR YOU. Don't be afraid to choose people and activities and places that best fit you (and therefore NOT choose some people and places that don't fit you right now). It's ok to say no and not be available. You don't have to do everything or please everyone. Really.

## MOVE THE BODY

More than anything, our body needs movement. While we often worry about getting to the gym or doing enough aerobic exercise, it's actually too much sitting and sedentary work that's really the problem. We need MOVEMENT. It's easier in the holidays to do this – there's more time to walk to the store instead of driving or to take extended beach or bush walks. Dance while you make breakfast - find some music to go with it. Why not!

## REST

It may be that what you need most these holidays is R E S T. Our body heals and replenishes beautifully when we give it enough rest – lolling about with a book, magazine, in front of a movie or simply watching the last hour of the sunset can be ideal. And repeatedly or for hours at a time if you feel to. Do what feels right for you. Listen to guided meditations, yoga nidra or peaceful music.

And if someone suggests you are being lazy or have 'lazed around enough' – be sure to let them know you need to rest. It's appropriate and okay and being active and busy is not a holiday goal. There, I said it.

## PUT WORK IN A BOX

If you have some work that needs to be done over the holidays, first do a double-check – can it wait? If so, shelve it. :-). If it does need to be done, or a portion of it at least, plan a window of time for it (a day or a morning for instance) and that's it. Sometimes a good time for this is near one end of your holiday period but not at the very end – let yourself be on holiday right through.

## BE A KID

Remember to do stuff that's light and fun - and if needed borrow someone's kids to do that with! :) Make up a backyard game, play Yahtzee, build a tent with sheets on a rainy day and watch your favourite movie in there. Bake cupcakes. Build a fort or a raft. Play.