



# 5 TIPS

## TO REBOOT YOUR BODY & MIND *for the NEW YEAR...*

By Sylvaine N. Hughson

It's no secret that the festive season can sometimes feel like running a marathon. Back-to-back office parties, late nights, extensive entertaining with friends and family, rich food, the stress of last minute shopping, and the endless temptation of gift baskets — it can all add up and it's a lot to manage both physically and mentally.

It's no wonder that by the first week of January you may be feeling a bit lackluster, exhausted, disoriented, sluggish, and less than enthusiastic about following through on your long list of New Year's resolutions!

All hope is not lost however. Here are my *Top 5 Favorite New Year Reboot Tips* to help you kick-start your body & mind for the New Year.

## 1: hydrate

This is your priority. It sounds so simple, but believe me when I tell you that doing just this one little thing, consistently, can make a dramatic difference not only in how you feel, but also in how you look. Our bodies need adequate fluid levels to be able to function optimally. Feeling sluggish, having a mild headache, experiencing brain fog, dull skin, etc. may all be signs of dehydration. To combat the pace and indulgences of December, January is the perfect time to once again put taking care of your body at the top of your to-do list.

If you're like so many of us December served up lots of alcoholic beverages and rich foods. What you're left with is a dehydrated body, which also happens to be an unhappy body. Give yourself the attention you need and deserve by simply increasing your fluid intake. Often one of the first things to go in the hustle of the holidays, increasing your water intake is a simple solution that is hugely beneficial!

## 2: rest

Also very important. Rest is often the first thing we give up during the busy holiday season. As invitations roll in and the festivities line up like lights on a string, rest can take the back seat.

While the season of gift giving may have passed, the season of sharing colds and the flu will go on for months... Colds and the flu have it easy when you're rundown, instead give them a run for their money and get plenty of rest – it's your best defense. Sleep also helps improve overall health, beauty and even your mood, which gets you and your new year off to a great start!

## 3: remember to move

Sitting for long periods of time at family functions coupled with what can sometimes feel like eating as a competitive sport can leave you feeling sluggish, overweight, and out of shape. Adding more physical movement to your daily life can be simple, pleasurable, and highly effective. Park your car farther from your desired entranceway, take the stairs, walk around the mall several times as you shop, or attend a yoga class. Choosing activities that are fun and enjoyable for you are key to your long-term success.

## 4: recalibrate your eating

As we all know holiday season eating tends to involve heavier, richer foods, lots of alcoholic beverages, and sweets. Sugar alone can create a rollercoaster-like effect for your energy levels giving you lots of energy at first followed by a sudden and significant drop. Easing yourself off of sugar, alcohol, and calorie dense foods in the weeks after New Year's can be highly beneficial. It's important to note that sugar can have an addictive effect and you may need to transition slowly away from it. This is a wonderful time of year to consider doing a Detox – essentially introducing healthier whole-food based meals into your diet while also eliminating less than ideal lower performing foods.

## 5: be mindful & deliberate

After weeks of running around from function to function and perhaps experiencing very little sleep it is important to begin to slow down and establish a healthier and more sustainable life rhythm. Set yourself up for success by establishing rituals in your life that allow you to be more present and nourish yourself – good examples of this are meditation, yoga, going for a run, reading a good book that you enjoy, and catching up with friends. Begin to see each day as a series of opportunities to create a life that you love by design rather than by default. ■

*Please see Sylvaine N. Hughson's CWW profile on page 33.*