



Happy New Year

Are you frazzled by 2020?

Do you want to feel better in 2021 but don't want to give up anything?

How about treating yourself to **MORE**?



More plants. More colours. More variety.

Fibre and plant nutrients help our gut bugs to support our physical and mental health as well as our immune systems. Vitamins and minerals support essential body functions. Can you eat 30 different plants in a week?



More water

It's easy to forget to drink enough water each day but hydration is critical for our metabolism and brain functioning. How will you remember to drink more water?



More movement

Every minute of movement helps to strengthen our bodies, support our immune systems, calm our minds and support good sleep. We are more likely to move if it's fun. What do you enjoy?



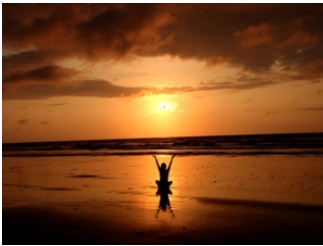
More refreshing sleep

Every part of our body and mind benefits from regular refreshing sleep. Important work goes on through the night, from healing and restoring, to calming our emotions. A calm and regular bedtime and moderation of screen time and alcohol can improve sleep quality. How will you get your best sleep?



More kindness to ourselves and others

Giving and receiving kindness can help our bodies to produce positive chemicals such as dopamine, serotonin and oxytocin. Whilst we can sometimes find it easier to be kind to others, now more than ever, we deserve kindness from ourselves. How will you treat yourself?



More calm

Using the power of our breath or practicing techniques such as mindfulness and yoga can reduce feelings of anxiety and low mood. Regular practice, even for 5 minutes a day, has prolonged benefits. Why not try 5 slow breaths now?



More time outdoors and in nature

The health benefits of being outdoors multiply when we engage with the natural world. Our nervous systems are soothed, blood pressure can fall, confidence and mental functions can improve and we can experience the beneficial effects of natural light and sunshine. Where will you walk this week?



More meaningful relationships

Quality trumps quantity and real trumps social media when it comes to relationships. Time spent nurturing true friendships and connections is an investment in our health, even though we may need to communicate remotely at the moment. The power and the strength of communities in 2020 has been humbling. Who are you connected to?

These suggestions are simply that. Life is tough enough at the moment without more "must-do's". So, if or when the time is right, please feel free to dip into this list and let me know what works for you.

Wishing you a safe, happy and healthy 2021
Alison