

The Peak Perspective

29 November 2023

Issue 5

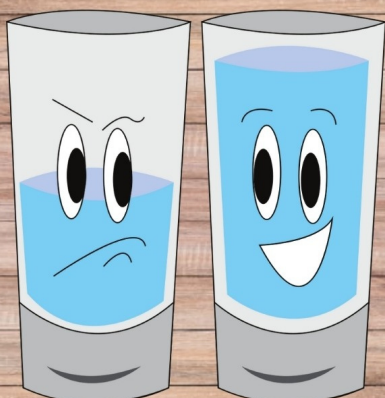
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OUR GOALS THIS WEEK

- Plan!
- If you don't have a calendar, print one off - see the next page or search for one online that meets your needs.
- Stay healthy - do what you can to avoid bugs, remember Covid formalities of keeping space, opening windows. Be kind to yourself, prevention is better than cure!



ISSUE 5! - SELF-CARE

December is now rapidly approaching and it really is a good time to be thinking of yourself. That might not sound very Christmassy, but in reality you can't give what you don't have, you can't pour from an empty cup!

December/Christmas have one big bonus - we know they are coming!

Take the last few days of November and really plan. Not only all the things to do, cards, presents, decorate, food etc, etc but also plan time for you. When are you going to have time to breathe? If you don't like unplanned time, then plan to go to a park or meet a friend for coffee.



HYDRATE!

I know, I say it a lot, but it really does help with brain health and that's in large part due to the fact that your brain is around 80% water - no wonder it needs it!

Not only will it help with function, it will help reduce headaches too!

Love your brain
- drink water!

80%

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DECEMBER



Sun Mon Tue Wed Thu Fri Sat

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BREAKING NEWS

MRS CLAUS' SECRET SELF-CARE ROUTINE REVEALED!

Mrs. Claus's Self-Care Magic: Mrs Claus Unveils Her Secret Routine for a Joyful December!
Read on!

1. Prioritise rest and relaxation: Mrs. Claus understands the importance of taking care of herself, especially during the busy holiday season. She makes sure to schedule regular breaks and prioritise rest and relaxation. This involves taking short naps, enjoying a cup of tea or hot chocolate, or indulging in a good book.
2. Engage in creative activities: Mrs. Claus has a creative side, and she would make time for activities that bring her joy and allow her to express herself. This includes baking delicious treats, crafting holiday decorations and even knitting cozy scarves or blankets. Engaging in creative activities helps her unwind and tap into her passions.
3. Connect with loved ones: Mrs. Claus values her relationships and understands the importance of connection. She makes it a priority to spend quality time with Santa Claus, the elves, and other loved ones. This involves having meaningful conversations, sharing laughter, and creating cherished memories together.
4. Practice gratitude: Mrs. Claus has a grateful heart and practices gratitude regularly. She takes time each day to reflect on the things she is grateful for, whether it's the joy of spreading holiday cheer, the love of her family, or the beauty of the winter season. This practice helps her maintain a positive mindset and appreciate the blessings in her life.
5. Take care of her physical well-being: Mrs. Claus understands that taking care of her physical health is essential for her overall well-being. She makes sure to eat nourishing meals, stay hydrated, and engage in gentle exercise, such as taking walks or practicing yoga. Prioritising her physical health allows her to have the energy and vitality to fulfill her responsibilities.



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PSYCHOLOGICAL SELF-CARE

It's really crucial to look after yourself during such a busy month - and if you are not busy personally, then the "vibe" on TV can be enough to bring on the overwhelm. Of course Christmas is supposed to be fun, exciting, busy, all of those things, but there are so many variables. Here are a few pointers:

1. Set boundaries
2. Practice mindfulness
3. Connect with loved ones
4. Space!

Be kind to yourself, recognise when you need time for you.



THE 8 PILLARS OF SELF-CARE

- Physical
- Psychological
- Emotional
- Social
- Professional
- Environmental
- Spiritual
- Financial



SOCIAL SELF-CARE

Connecting with loved ones - Midlife is an interesting season. You may be "The Organiser", The "Goes to Everything" one, The "I'd rather be at home" one, or even the "I wish I was invited out" one. It may be super busy with several generations and mixed needs, there may be that one relative who is too loud, or super quiet, the high intellectual or the criticiser. Alternatively, it may feel the polar opposite of the traditional Christmas movie and actually be quite lonely with grown-up kids doing their own thing. Whatever your Christmas looks like, there are always things to do and too much to do. Decide what you really want out of your December, plan and enjoy it and remember There is no right or wrong, it's your choice!

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FINANCIAL SELF-CARE

I'm no financial expert!
However, I have had a think and done some research and have a few things to share.
Don't be pressured to do what you can't, if necessary, have the conversation.
Aim for security and peace of mind.
Budget
Set Financial Goals
Educate yourself - I will always recommend Martin Lewis at www.moneysavingexpert.com
Build an emergency fund - even if it starts small, it will grow if you are intentional!
Manage debt
Seek Professional Advice

Remember - Patience and Consistency!



PROFESSIONAL SELF-CARE

Looking after yourself at work should help maintain your overall wellbeing, even increase your productivity and keep your boss happy!

HOWEVER

During December, Be kind to yourself, Stick to your hours where possible, Give plenty of notice for events like school carol concerts/plays that you really don't want to miss.

Give yourself screen breaks, stretch! Get outside - use your lunch break wisely.

Seek support from colleagues, collaborate and delegate to help each other out.

Manage your workload and prioritise tasks.

Smile! Christmas is coming!



Take Care
of
you!



*Coming
Soon!*

*Focus On A
Calm Christmas*

Facebook
Group
Exclusive

You

To do Kids

Resources Traditions

Atmosphere Guests

Self-Care

Christmas
SCAN ME

Offers

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