



December calendar

How to take care of health, well-being and energy in December

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1. Be active

The WHO recommends at least **150 minutes of physical activity** per week. If you're finding it difficult to maintain your usual workout routine, try incorporating activity into your preparations in the simplest way possible:



Shopping for gifts is the perfect opportunity to get your steps in, even exceeding your daily goal.



Holiday cleaning can be a chance for a few extra exercises – squats, calf raises, or bends.



Be creative in how you spend time together: light displays, Christmas markets, ice skating, winter scavenger hunts, or walks along decorated streets are wonderful ways to enjoy each other's company while ensuring a dose of physical activity.



2. Remember about your medicine



December is a time full of preparations, family gatherings, and trips, often leading to a busy schedule and many additional responsibilities. Amid the hustle and bustle, it's easy to forget to take medications regularly. This is especially important for people who take medications for chronic illnesses. Keep in mind that even short interruptions in therapy can negatively affect your health and well-being.

TIPS FOR REMEMBERING TO TAKE YOUR MEDICATIONS DURING THE HOLIDAYS:

1. Prepare a portable pill organizer

If you're planning trips, pack your medications in a handy organizer. This makes it easier to remember to take them, even when you're away from home.

2. Set reminders on your phone

A simple phone reminder can be very effective. During the holiday season, when your daily routine is different from usual, it's easy to lose track of time.

3. Stock up on medications before the holidays

Remember that pharmacies may be closed or have reduced hours during the holidays. Don't wait until the last minute – ensure you have enough medication for the entire holiday period.

4. Monitor your health parameters

Amid the preparations, remember to regularly measure your blood pressure and blood sugar levels if required by your health condition.



3. Drink water – ensure proper hydration during winter

The winter months are a time when we tend to reach for hot beverages like cocoa, hot chocolate, coffee, and aromatic teas. While these drinks are great for warming up and boosting your mood, they don't always provide the body with enough fluids. **Remember that even in winter, your body needs around 2 liters of water daily, which is roughly equivalent to 8 glasses of water.**

WHY IS HYDRATION IMPORTANT, ESPECIALLY IN WINTER?



- Supports immunity and skin health
- Improves concentration and brain function
- Relieves headaches and reduces fatigue
- Aids digestion and prevents overeating



4. Reduce stress – enjoy a calmer holiday season



Focus on What Matters Most

You don't have to do everything perfectly. Think about what truly brings you joy and what's most important to you.



Create a Realistic Plan

Break tasks into smaller steps and spread them out over time. Planning helps reduce stress and gives you a sense of control.



Delegate Responsibilities

Don't take everything on yourself. Involve family and friends in the preparations. This will not only lighten your load but also make everyone feel involved and appreciated.



Make Time for Relaxation

Set aside time for activities that bring you joy – a hot bath, a short nap, a walk in the fresh air, your favorite book, or a movie. Remember, your rest is just as important as holiday preparations.





5. Winter workouts – stay active even on colder days



The winter months and colder weather may tempt you to spend more time on the couch under a warm blanket. However, winter doesn't have to mean a break from physical activity. Even if you're not in the mood for intense workouts, try to find at least a few minutes each day for movement that you enjoy.

HOME WORKOUTS – HOW TO GET STARTED?

1. Use Training Apps and Online Programs

If the weather doesn't encourage outdoor activities, choose exercises you can do at home. There are many apps and online workout programs available today. You can tailor the workout to your fitness level and available time.

2. Create Your Own Exercise Space

Set up a small area at home where you can exercise comfortably. Prepare a mat, a water bottle, and comfortable workout clothes.

3. Incorporate Morning Yoga or Evening Stretching

Start your day with a light yoga session to wake up, improve blood circulation, and prepare your body for the day's challenges. If you prefer something more relaxing, try stretching before bed. Stretching exercises can help relax your muscles and make it easier to fall asleep.

4. Try Low-Intensity Workouts

If intense workouts don't appeal to you, try activities like tai chi, pilates, or dance. Even light forms of movement provide health benefits and are a great way to keep your body active during the winter season.





6. Protection against germs

The winter months are a time of increased risk of infections. The basic way to protect yourself? **Hand hygiene. It is the simplest method of preventing illness.**



HOW TO WASH YOUR HANDS PROPERLY?

1. Wash your hands for at least 20 seconds

A quick rinse under water is not enough. To thoroughly remove germs, you need to wash your hands for at least 20 seconds. **You can hum two verses of your favorite song or count to 20 – this will help ensure you wash for the right amount of time.**

2. Clean every surface of your hands

Make sure you wash all parts of your hands: the back, the palms, between your fingers, and your nails. These are the areas where germs are most likely to accumulate.

3. Rinse and dry your hands thoroughly

After washing, rinse your hands thoroughly to remove any soap residue. Use a paper towel or a clean towel to dry your hands – damp hands are more likely to transfer germs.



7. Eat colorful

Add a touch of color to your meals by choosing seasonal fruits and vegetables that not only look beautiful but also provide valuable vitamins and nutrients.

- **Pomegranates** – Juicy, ruby-red seeds add color and crunch to salads. **Pomegranates are rich in vitamin C and antioxidants**, which support the immune system, especially important in winter.
- **Cranberries** – Their tart taste pairs well with meat, and their deep red color adds a festive touch to dishes. **Cranberries contain vitamin C and proanthocyanidins**, which help fight urinary tract infections.
- **Carrots** – Their orange color brightens dishes, and their mild sweetness complements the flavors of winter meals. **Carrots are an excellent source of beta-carotene**, which supports skin and eye health.
- **Pumpkin** – Soft, sweet, and full of flavor. Pumpkin is perfect for soups, purees, or casseroles. **It's high in vitamin A and fiber**, promoting healthy digestion.





8. December cleaning

Decluttering is not only a physical activity but also a way to organize your thoughts and feelings. By removing unnecessary items, you create space for new experiences and positive energy, which can improve your well-being.



Get rid of unnecessary items

Review your belongings and think about what you truly need. Clothes, household items, or books that are no longer used can be sold, donated to charity, or given to someone close to you. This way, you'll not only gain more space but also bring joy to someone else.



Clean your living space

Focus on one room at a time to avoid feeling overwhelmed. Start with the areas that are most cluttered, such as the kitchen, living room, or bedroom. Go through your cabinets, drawers, and shelves – throw away items that are expired or no longer needed.



Organize your digital files

Clutter can also accumulate on our electronic devices. Go through your files, photos, and documents – delete what you don't need, and organize the rest into appropriate folders. Organizing your inbox and deleting old messages will help you manage your correspondence better.



Adopt a minimalist approach to holiday decorations

Holiday decorations can quickly fill up our space. Before you start decorating your home, think about which decorations are most important to you, and consider storing or donating the rest. Choose a few favorite items that will create a festive atmosphere without cluttering your space.





Give a smile – the simplest gift that changes the world

During the holiday season, we often focus on material gifts, but the true magic lies in small gestures that cost nothing. **A smile is one of the simplest yet most powerful ways to bring joy to others and yourself.** Whether you're in a store, taking a walk, or passing someone on the street – a smile can make someone's day better.



WHY IS A SMILE SO IMPORTANT?

- **A smile is contagious**
When you smile at someone, they often smile back. It's simple yet magical – a smile can spread like a wave, positively impacting many people.
- **A smile improves mood**
A smile influences our well-being. Even if you're not having the best day, consciously smiling can create a feeling of happiness by releasing endorphins – the so-called “happiness hormones.” It's an easy way to boost your mood and energy.
- **A smile builds social bonds**
When you smile, you send a signal that you're open, friendly, and ready to connect. A smile can help break the ice, start a conversation, or simply offer comfort to someone. This is especially important during the holidays, particularly for people who may experience loneliness or excessive stress during this time.
- **A smile reduces stress**
The holidays are a time of joy but also increased stress related to preparations, shopping, and a busy schedule. Smiling, even if it initially feels forced, can help reduce stress and tension. It's a reminder to pause for a moment and enjoy the present.



Get enough sleep



Regular sleep is key to body recovery, maintaining immunity, and a good mood. That's why it's important to take care of your rest during the holidays and establish healthy habits that will improve the quality of your sleep.



HOW TO IMPROVE SLEEP QUALITY?

1. Maintain a regular sleep routine

Try to go to bed and wake up at the same times, even during the holiday season. A consistent sleep rhythm helps stabilize your internal biological clock, promoting better sleep quality.

2. Limit coffee and caffeinated beverages

Caffeine can stay in your body for up to 6 hours, making it harder to fall asleep and negatively affecting sleep quality. Try to avoid coffee, tea, and energy drinks in the afternoon.

3. Limit alcohol consumption

Alcohol disrupts the sleep cycle, especially the REM phase, which is crucial for recovery. It's best to avoid drinking alcohol several hours before bedtime.

4. Avoid heavy meals before bedtime

Holiday meals can be rich and fatty, which may cause discomfort, heartburn, and digestive issues at night. Try to eat lighter meals a few hours before bed to give your body time to digest.

5. Limit screen time before bed

The light emitted by televisions, smartphones, and tablets interferes with the production of melatonin – the hormone responsible for sleep. Try to reduce screen use at least one hour before going to sleep.



11. Make time for what you love – a holiday break for the soul



In the rush of preparing for the holidays, we often forget about what truly brings us joy. Instead of succumbing to the pressure, take a moment to pause and ask yourself: What do you absolutely love to do? What activities make you feel happy and fulfilled? Make time for these little pleasures, and you will discover the true beauty of the holidays.

1. Set priorities

Instead of trying to do everything at once, think about what's really important. Make a list of tasks, then cross out the ones that are less essential. Free up some time for what brings you joy.

2. Schedule time for enjoyment

Add moments of relaxation to your calendar – treat it like any other activity that can't be skipped.

3. Give yourself permission to rest

You don't have to be perfect or meet others' expectations. Sometimes the best thing you can do is tell yourself, "This is enough." Give yourself permission to take a break and enjoy the time you spend just for yourself.

12.

Take control of stress – how to manage tension during the holiday season



Long-term stress can negatively affect both physical and mental health. It's important to learn how to manage stress so you can fully enjoy the holiday season without sacrificing your peace of mind.

1. Make a plan – feel in control of the situation

One of the most effective ways to reduce stress is to create a plan. Break tasks down into smaller, more manageable steps and assign specific deadlines to them. Make a list of priorities and start tackling them one by one, focusing on one thing at a time. Each item crossed off the list is a small success that gives you a sense of satisfaction and reduces stress.

2. Take breaks – recharge during the day

Remember, breaks are key to maintaining balance. Take short, regular breaks throughout the day to step away from your responsibilities and reset your mind. It could be a few minutes of relaxation with your favorite tea, a short walk, or a quiet moment to yourself. These moments help reduce tension, improve focus, and help you maintain energy throughout the day.

3. Practice relaxation techniques – effective tools for managing stress

Use breathing techniques that help quickly calm your nerves and restore inner peace. Deep breathing exercises (such as diaphragmatic breathing) reduce cortisol levels, the stress hormone, and activate the parasympathetic nervous system, which is responsible for relaxation.

4. Set realistic expectations – you don't have to be perfect

Remember that the holidays are a time meant for joy, not added stress. Set realistic expectations for yourself and others, and accept that not everything has to be perfect. Perfection is not the goal – the joy of being together and creating shared memories is what matters most.

5. Don't be afraid to ask for help – support matters

In the hustle and bustle of the season, we often forget that we don't have to do everything alone. It's worth reaching out to loved ones who will gladly take on some of the responsibilities.



Remember, holidays aren't about being a "superhero" who does everything solo. They are a time for working together, sharing, and supporting one another.



13.

Plan a healthy menu for the upcoming week – the key to better well-being and health

Planning meals for the upcoming week is one of the simplest yet most effective ways to improve the quality of your diet and maintain a healthy lifestyle. By planning your meals in advance, you'll avoid unhealthy, spontaneous choices that often lead to fast food or processed foods.

An important element of a healthy meal plan is also including nutritious snacks that you can take with you to work, school, or on a walk.

EXAMPLES OF HEALTHY SNACKS:

- **Nuts and seeds** – an excellent source of healthy fats, protein, and fiber.
- **Fruits and vegetables** – sliced carrots, cucumbers, peppers, or apples, pears, and bananas are great options for a quick snack.
- **Natural or Greek yogurt** – a perfect source of protein and probiotics. You can add fruits or nuts to it.
- **Hummus with vegetables** – a great snack that provides healthy fats and fiber.
- **Hard-boiled eggs** – rich in protein and easy to prepare in advance.
- **Green smoothies** – a combination of vegetables, fruits, and healthy fats that will give you vitamins and minerals.



14.

Take care of your posture



Proper posture is the foundation of health and comfort every day, especially if you spend long hours in one position – such as sitting at a desk, driving a car, or watching television. Incorrect posture can lead to many health problems, including back pain, neck tension, and reduced efficiency in breathing and circulation. To improve your well-being and minimize the risk of pain-related issues, it is important to maintain proper posture and engage in regular strengthening and stretching exercises.



a) STRETCHING EXERCISES FOR THE BACK AND SPINE:

- **Cat-Cow Stretch** – Get on all fours, with your hands under your shoulders and knees under your hips. Inhale: arch your back downward, lifting your head and tailbone. Exhale: round your back upward, lowering your head and tailbone. Repeat for 1-2 minutes.
- **Seated Back Stretch** – Sit on the floor with your legs extended straight in front of you. Lean forward, trying to touch your toes while keeping your back straight. This exercise stretches the lower back and improves flexibility.

b) STRENGTHENING EXERCISES FOR THE ABDOMINAL AND BACK MUSCLES:

- **Plank** – One of the most effective exercises for strengthening the core (abdominal and lower back muscles). Lie on your stomach, supporting yourself on your forearms and toes. Keep your body in a straight line for 20-30 seconds. This exercise helps stabilize the spine and prevents back pain.
- **Superman** – Lie on your stomach with your arms and legs extended. Lift your arms and legs simultaneously, tightening your back and glute muscles. Hold this position for a few seconds, then return to the starting position. Repeat 10-15 times.



15. Choose water



Water is a fundamental element of the diet that supports the proper functioning of the body. It hydrates, helps remove toxins, supports kidney function, and regulates body temperature. Adding fruits, herbs, or spices to it can make it tastier, making it easier for you to give up sugary drinks.

WHAT ADDITIONS CAN YOU USE?

1. **Lemon** – A classic choice. Adding a slice of lemon to water not only gives it a refreshing taste but also provides vitamin C, which supports our immunity and helps fight free radicals.
2. **Lime** – Lime adds freshness and a slightly sour taste. It is an excellent source of antioxidants and vitamin C, which support skin health and the immune system.
3. **Mint** – A few mint leaves will give water a pleasant, refreshing taste. Mint has digestive-supporting properties, soothes the stomach, and refreshes the breath.
4. **Ginger** – Adding slices of fresh ginger will give the water a mild, spicy taste. Ginger has anti-inflammatory properties, supports the immune system, and speeds up metabolism.
5. **Cucumber** – A perfect addition if you're looking for something milder. Cucumber hydrates, is rich in minerals, and has a soothing effect on the digestive system.
6. **Raspberries, strawberries, or blueberries** – Adding berries will not only give the water a pleasant taste and color but also provide antioxidants that support heart health and the circulatory system.

16. Spend a screen-free day

In today's world, where we spend more and more time in front of screens – whether at work, school, or using social media – taking a break from electronics becomes extremely important for our mental and physical health. Technology offers us many benefits, but excessive use can lead to problems such as eye strain, difficulty concentrating, and sleep issues. A screen-free day is a great way to reset the mind, improve well-being, and regain balance.

BENEFITS OF A SCREEN-FREE DAY:



- **Rest for the eyes:** Prolonged screen time causes eye fatigue, dryness, headaches, and concentration issues.
- **Better concentration:** In a world full of distractions (notifications, social media, ads), our ability to focus can weaken. A break screens helps improve focus and efficiency, both at work and in daily activities.
- **Improved sleep quality:** Exposure to blue light emitted by screens can interfere with melatonin production – the hormone responsible for regulating sleep. Taking a break from screens before bed can improve sleep quality, making it easier to fall asleep and ensuring deeper rest.
- **Increased sense of presence:** Without screens, it's easier to focus on what's happening around us. We can notice small but beautiful details in our surroundings. **We often don't realize how much we miss when spending too much time on our phones.**





17. Enhance your diet with warming spices

1. Ginger – a natural warming agent

Ginger has strong warming properties, making it an ideal ingredient for cold days. It helps improve circulation, which can reduce the feeling of cold and fatigue during the winter months. Ginger also supports digestion, helps with stomach pains, nausea, and appetite issues. Additionally, it is a natural antioxidant, which means it helps fight free radicals and supports our immune system.



You can add ginger to your morning tea or oatmeal, make a warming ginger tea, include it in smoothies, or use it as a spice for meats, soups, or curries.

2. Cinnamon – an aromatic helper for winter

Cinnamon has warming properties, which support circulation and speed up metabolism, making it a great addition to winter drinks and meals. Cinnamon helps maintain stable blood sugar levels. It also has anti-inflammatory effects and supports the immune system.



You can add cinnamon to your morning oatmeal, yogurt, smoothies, or sprinkle it on tea or coffee. It pairs wonderfully with apples, pears, and is perfect for baking, cakes, and desserts. You can also make a warming drink by combining it with ginger, honey, and lemon.

3. Turmeric – the golden treasure for health

The curcumin in turmeric has strong anti-inflammatory and antioxidant properties that support our immune system and help fight infections. Additionally, turmeric has warming properties, supports circulation, and improves metabolism, which helps maintain warmth in the body. It is also beneficial for the digestive system, aiding digestion and reducing bloating.



Turmeric is perfect for curry dishes, soups, rice-based meals, and can also be used in drinks such as “golden milk” – a beverage made with plant-based milk, turmeric, cinnamon, ginger, and honey. It can also be added to your morning smoothie or used as a seasoning for vegetables and meats.

4. Cardamom – an exotic spice that warms

Cardamom has a warm, slightly spicy flavor and is known for its warming properties. It supports digestion, has anti-inflammatory and antibacterial effects, and is helpful in combating cold symptoms such as coughs or sore throats. It also affects the respiratory system, making breathing easier during cold season.



Cardamom pairs wonderfully with tea, especially in traditional chai tea. You can also add it to baked goods, especially cakes, cookies, or muffins. It also works well in curry dishes, soups, and in smoothies and plant-based beverages.



18. Think about your health

Maybe this is the right time to slow down a bit and think about your health? In the rush of daily responsibilities, we often forget how important it is to take care of ourselves, but the upcoming holidays are a perfect opportunity to take a moment for reflection. It's worth stopping, stepping back, and considering how you feel. Before you start your New Year's resolutions, think about what you can do to improve your health and well-being.



Talk to your doctor – ask what tests you should undergo to check the condition of your body. Regular health check-ups help detect potential issues at an early stage, significantly increasing the chances of effective treatment and maintaining good physical condition.



Remember, health is not just a physical matter, but also a mental one. It's important to also take care of your emotional balance, especially during the holiday season when stress and tension can intensify.



Before you make your New Year's resolutions, think about your habits – perhaps it's time to add health care to them? Regular check-ups, physical activity, a healthy diet, and caring for your mental well-being are the foundations of good health that you should incorporate into your daily routine. Let this holiday season be a time of health, peace, and reflection. Take care of yourself so you can start the upcoming year with renewed energy!



19. Kitchen revolutions – remember about safety!

Cooking is not just a pleasure, but also a responsibility. Here are a few simple yet crucial rules that should accompany us not only on special occasions:

- **Do not defrost food on the kitchen counter**

At room temperature, microorganisms multiply quickly, which can lead to food poisoning. Instead, defrost food in the refrigerator, in cold water (changing it every 30 minutes), or in the microwave if you plan to cook it immediately.

- **Store perishable food in the fridge within two hours**

Leaving it at room temperature for too long promotes the growth of bacteria.

- **Always wash your hands before handling food**

Washing your hands with soap and water for at least 20 seconds before preparing meals significantly reduces the risk of contamination.

- **Wash your hands and kitchen tools after handling raw meat**

After cutting meat, immediately wash knives, cutting boards, and countertops to prevent cross-contamination.



- **Use separate cutting boards**
This helps reduce the risk of transferring bacteria from raw meat to other foods.
- **Wash all countertops and cutting boards before and after cooking**
Countertops and cutting boards are common sources of cross-contamination. It's a good idea to wash them with hot water and detergent or special disinfecting agents.
- **Store raw meat in a sealed container**
In the fridge, raw meat should be kept on the bottom shelf in a sealed container to prevent its juices from contaminating other products.
- **Cool down dishes before placing them in the fridge**
Hot dishes in the fridge raise its temperature, which can lead to the quicker spoiling of other items. Let the food cool down first, then store it in the fridge.
- **Eat leftovers within two days and do not reheat them more than once**
Leftover portions are best eaten within two days. Reheating leftovers multiple times increases the risk of bacteria growth. If reheating, ensure the dish reaches a temperature of at least 75°C.



Re-think the meaning of tradition – organize Christmas your way



The holidays are a special time, full of family gatherings and memories, but also responsibilities and traditions that don't always bring us as much joy as we would like. Perhaps it's worth taking a moment to reflect on what truly matters to you? Making a few changes can make this year's holidays not only calmer but also more special.

1. Which traditions are most important to you?

Every family has its own customs that have been cherished over the years – these are the ones that create the magical atmosphere of the holidays. Think about which traditions are truly meaningful for you and your loved ones, and give them the attention and time they deserve.

2. Are all traditions worth keeping?

Perhaps there are things you do every year simply out of habit. Maybe this year it's worth letting go of some tasks that cause more stress than joy?

3. Time to create new, personal traditions

Have you always dreamed of starting your own tradition but lacked the courage or time? Maybe this is the year to try something new! Perhaps you want to spend one day of the holiday on a nature excursion instead of at the table, host a game night, make your own Christmas decorations, or get involved in a local charity event? **Introducing new rituals can give the holidays a completely new, personal dimension.**



4. Nurturing traditions as a way to build memories

What we experience and celebrate together often becomes the most valuable part of our memories. For children, preparing for the holidays together, baking cookies, or reading stories by the fireplace may be what they remember for a lifetime. By creating traditions, we shape our future memories and build bonds that will last for years.

5. Allow yourself joy and spontaneity

Remember that traditions are meant to be a source of joy, not stress. If things don't go according to plan – the Christmas tree falls, the cake doesn't turn out, or the snow doesn't fall – it can still be an opportunity for laughter and creating new memories. Instead of sticking to rigid routines, give yourself space for spontaneity and enjoy the moment.

21. Practice empathy towards others – give them space for their feelings



The holidays are a time usually associated with joy, warmth, and shared moments with loved ones. However, for many people, this period can also bring stress, sadness, or difficult memories. Each of us experiences the holidays differently, and our emotions and experiences can vary greatly. It's important to remember this and try to show others a little more empathy and understanding.



1. Give others space for their emotions

Understand that not everyone feels joyful and festive. For some, this time can be particularly difficult, especially if they have lost someone close, are going through personal problems, or feel lonely. Instead of forcing joy or imposing expectations, allow them to experience the holidays in their own way. **Listen if they want to share their feelings, but don't pressure them if they need space.**

2. Avoid judgment – everyone has their own struggles

It may happen that someone around you is less engaged in preparations, more irritable, or withdrawn. Ask if you can help in any way, rather than criticizing their behavior. **Sometimes, simply offering support can work wonders.**

3. Be sensitive to the needs of others

We all have different expectations of how the holidays should be – some people enjoy loud, family gatherings, while others prefer peace and a more intimate atmosphere. **Remember, what is a pleasure for you may be a source of discomfort for someone else.**

4. Be understanding during family gatherings

Family reunions can be a challenge, especially if there are people in the family with differing views or experiences. It's natural for misunderstandings or differences of opinion to arise. Instead of getting into arguments, try to look at the situation from the other person's perspective. **Remember, empathy is about understanding, not necessarily agreeing.**



Create emotional order – allow yourself peace in your heart

Before fully immersing yourself in the holiday atmosphere, take a moment to reflect on whether there are any matters worth clarifying, finishing, or simply letting go. **Forgiveness and reconciliation may be the most valuable gift we can give to ourselves and others.**

1. Reflect on what you're holding in your heart

Each of us sometimes carries grudges, misunderstandings, or unspoken words. The holiday season is a good time to examine these emotions. Is there something weighing on your heart that's preventing you from fully enjoying the moment? Sometimes it's small misunderstandings, other times it's bigger conflicts, but clearing them up can bring relief and peace that is priceless during the holiday season.



2. Extend a hand for reconciliation

It's not always easy to take the first step, but it's worth trying. If you feel there's something unresolved between you and a loved one, reaching out for reconciliation can be a gesture that transforms your relationship.

3. Forgiveness as a gift for yourself

Forgiveness is not only a gift for the other person, but most importantly, it's a gift for ourselves. Holding onto grudges and anger can poison our thoughts and steal the joy from our everyday moments. Forgiveness doesn't mean forgetting or excusing, but it's a decision to let go of negative emotions and give ourselves a chance for new, better experiences. Instead of dragging the weight of the past with you, allow yourself lightness and open yourself to new possibilities.





Focus on “being”, not “doing” – find magic in every moment



Do perfectly prepared holidays really provide what we need? Maybe it's worth looking at this time from a different perspective and instead of focusing on “doing,” focus on “being.” Being present, mindful, and authentic.



1. Live each moment consciously

Instead of treating each stage of preparations as just another task to check off your list, try to enjoy the process itself. When decorating the tree, allow yourself a moment of nostalgia as you look at old ornaments. If you're baking cookies with your children, laugh at the spilled flour and enjoy the time together. These small moments, full of spontaneous joy, are the true essence of the holidays.

2. Fewer things to do, more time to be together

Try to reduce the number of tasks you impose on yourself. Maybe you don't need to prepare twelve different dishes – perhaps a few favorites will be enough? Instead of buying a lot of presents, focus on a few thoughtful gifts that will bring joy. Reducing your to-do list will give you more time for what really matters – spending time with loved ones, having conversations, and relaxing together.

3. Stop striving for perfection

A perfectly decorated table, flawless dishes, or perfect gifts are just extras. You don't have to be the perfect host or hostess. Sometimes, it's the small imperfections – the fallen cookie, the mismatched napkin, or tripping while singing carols – that create the most beautiful memories. Let go of expectations and allow more spontaneity and ease.

4. Appreciate the small moments – they create the magic of the holidays

Instead of rushing from task to task, stop for a moment. Look at the twinkling holiday lights, smell the scent of freshly baked cake, sit down with a cup of hot chocolate, and chat with your loved ones. Often, it's these small, fleeting moments that are the most memorable. The magic of the holidays doesn't lie in perfection, but in being here and now, in real emotions, and in shared joy.

24.

Practice gratitude – find joy in simple moments



In the rush of daily responsibilities, we often forget to pause for a moment and notice the small joys that surround us. However, it's worth taking a moment to practice gratitude – it's a simple yet powerful tool that can significantly improve our well-being and outlook on life.

1. Start your day with gratitude

Every morning, before fully starting your day, take a moment to reflect on three things you are grateful for. They can be small things, like the warmth of your morning coffee, the smile of a loved one, or the sunlight shining through the window. **Starting your day this way will set a positive tone and help you appreciate the little moments that often slip by in the rush of daily life.**

2. End your day with reflection

At the end of the day, take a moment to think about what brought you joy or what you are grateful for. It could be a kind gesture from a coworker, a heartfelt conversation with a friend, a task well done, or a peaceful moment for yourself. **Reflecting on positive moments before bed helps you end the day with a sense of fulfillment and calm.**

3. Appreciate the small pleasures

In the pursuit of bigger goals, we often forget about the small pleasures that bring joy. It could be the scent of the Christmas tree at home, a child's laughter, the glow of candles, or your favorite Christmas song. **Recognizing these little things and taking a moment to appreciate them can work wonders** for your mood and help create the true magic of the holidays.

4. Share your gratitude with others

The practice of gratitude doesn't have to be a personal experience. **Share your appreciation and thank the people around you. Tell your loved ones how much you value them, thank them for their support, kindness, or simply for being there.** Such simple words can bring a lot of joy to both you and the people to whom you offer them. Sharing gratitude builds closeness and strengthens relationships.

We wish you a Merry Christmas! LUX MED Group

