

# Making the most of the holiday period for rest and recovery



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## Making the most of the Holiday period

Your CPD for this week is about looking after yourself and ensuring that you make the most of the holiday period to ensure rest and recovery so that you return to work refreshed and well in January.

So here are our top tips for making the most of the holiday period,

### **Make time for things you enjoy**

When we experience stress and signs of exhaustion, the busier we get, the more we let go of what nourishes and energises us in favour of what seems to be important. Use this holiday period to make time for those things that are important to you. The things we enjoy include, catching up with family, cooking and baking, Christmas movies, and walking in nature.

Top-up your wellbeing 'bank' during the holiday by making sure you take time for what nourishes and restores you.

### **Take time to rest**

Listen to your body. If you feel tired and exhausted don't just push on - take this time to rest and recover. If you are able to make time for rest and recovery you will benefit so much more from those activities that you enjoy. We love lazy long lie-ins and a couple of duvet days during the holidays to make sure we can rest our bodies and brains over the holiday period.

## **See friends and family (especially those outside of work!)**

Having friends at work is really important and a fantastic support, but over the holidays we encourage you to catch up with those friends and family that you might not see routinely as another way of removing yourself from thinking and talking about work (perhaps over Zoom!). We like visiting friends to deliver cookies and other homemade baking treats, or catching up with friends/family from further afield over Zoom.

We hope that these tips help you to make the most of the holiday period and that you are able to take a break and enjoy some well earned time off.

Use the comments below to tell us the activities you hope to make time for over the holidays - we'd love to hear what you will all be up to.

In the meantime we wish you all a very happy and restful holiday and look forward to seeing you all in 2022!