

How to stay well during the Festive Season



Be kind to yourself through whatever is going on around you

Make sure you prioritise your self-care during this period



Think about helping others – this is a great time of year to do so

Be intentional about your nutrition: enjoy the festive treats, but balance this with hydration and healthy options



Prioritise spending time with the people who bring you joy

Make sure that you create a little bit of space and time for yourself, even if you are busy creating the magic for others



Keep your exercise going

Spend time outside, every day



Keep reflecting on your FormScore

Make sure you check in with loved ones regularly

