

Rec centre e•nergize

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WHAT'S HOT

10 Tips to help you stay 'chilled out' this Christmas!

'Tis the season to be jolly... but as many of us know Christmas can prove to be a stressful time. The expense of buying gifts, the pressure of last minute shopping and the heightened expectations of family togetherness can all combine to undermine our best intentions. Some practical suggestions can help you reduce your 'Christmas stress'.

1 Breathe. Breathing exercises provide convenient and simple stress relief in that they can be used anytime, anywhere, and they work quickly.

2 Listen to music. Music can be a great stress reliever. It can help calm the mind and body. Creating playlists for various moods (a cathartic mix for when you want to process feelings, an upbeat mix for when you need more energy, etc.) can help you relieve stress passively, enjoyably, and conveniently.

3 Eat healthily. A poor diet can amplify the effects of stress. A healthy diet can contribute to physical and emotional wellness. Find some simple go-to meals and snacks, and feel less stressed in your daily life.

4 Play. Enjoying a good game with a group of friends, or playing something relaxing online can take your mind off of your stressors, and can lead to a more relaxed state.

5 Laugh. The physical act of laughing releases tension and brings positive physiological changes. Finding ways to work more laughter into your day can be an effective route to stress relief.

6 Take a stroll. Exercise is a fantastic stress reliever that can work in minutes. Taking a walk allows you to enjoy a change in scenery and brings the added benefits of exercise (Increased endorphins and improved cardiovascular fitness).

7 Time management. Honing your time management skills can allow you to minimize the stressors that you experience, and better manage the ones you can't avoid. When you are able to complete everything on your "to do" list without the stress of rushing or forgetting, your whole life feels easier.

8 Yoga incorporates breathing exercises, meditation, and light exercise. One session brings initial stress relief, and continued practice brings greater resilience to stress. It's one of the more potent stress relievers.

9 Reduce caffeine intake. Consuming caffeine too late in the day can affect sleep quality which impacts stress levels. Consuming too much caffeine in general can make you more easily affected by stress.

10 Drink in moderation. Speaking of knowing limits, maintaining careful limits with alcohol is particularly important. One glass of red wine at the end of the day can assist relaxation, but too much alcohol can obviously bring a host of other problems.

SUMMERLOVIN'

- Be outside more than inside
- Wake up early; catch the sunrise
- Escape for frequent beach visits
- Get outside and play hard
- Fire up the barbie
- Get Dirty.....in your vege garden!
- Enjoy a fresh garden tomato
- Watch the sun set
- Enjoy evenings gazing at the stars

DON'T PROCRASTINATE! Before summer is over – get out and do some of the things you love. Summer is also a great time to catch up with good friends and family, and spend some quality time with those important to us. Take the time to get out and enjoy this summer and all of the simple pleasures we sometimes take for granted. Merry Christmas!!

DIDYOUKNOW...

The Rec is now on Facebook!

Check out the crazy Christmas training photos!

'Like' us and keep up to date with what is going down at The Rec Centre.



MERRY CHRISTMAS
from the REC CENTRE Team!