



Christmas

2020



HONEST GOODNESS NUTRITION

**NO STRESS CHRISTMAS
FOOD & MOOD GUIDE**

Merry Christmas

As a nutritional therapist, I know the power of good food and how specific nutrients can help to support the body. I also really enjoy real food and trying new recipes!

To me, meals have to strike the balance between tasting good and doing good. That's why I named my business Honest + Goodness Nutrition. Guided by the principles of good honest food and honest advice.

I work with people with longer term conditions, to help them to get to the root cause and support them in making positive change. This year I have been truly inspired by the transformations they have made.

HEALTHY EATING AT CHRISTMAS

Christmas is a wonderful time of year and 2020 has been a huge challenge so this year the recipe book features a few added treats as well as health supporting alternatives. When looking at nutrition long-term, it's all about progress not perfection.

I've split this guide into two sections, food and mood, because to a healthy lifestyle involves both.

I hope you enjoy using it as much I enjoyed creating it!

Claire x



Christmas

FOOD



HONEST GOODNESS NUTRITION



Food

This section of the guide focuses in on making sure your healthy eating regime doesn't go completely out the window this Christmas.

I've included breakfast, starter or light lunch recipes (for those who eat later), as well as mains, sides and dessert.

While I won't be having turkey and ham for dinner, I do cook a Christmas Ham for my family and have followed the cider ham recipe for years now.

This year at the request of my Instagram followers ([@honest_goodness_nutrition](https://www.instagram.com/honest_goodness_nutrition)), I've included some cocktails and mocktails too. I was delighted to see Seedlip non-alcoholic spirits on better than half price sale at H&B and other retailers.

I'm a firm believer in the 80/20 rule. That means that if you eat well 80% of the time, you should feel absolutely no guilt when it comes to eating sweet or savory treats the other 20% of the time. There is no room for guilt at the Christmas dinner table!

In addition to healthy recipes, I've also included some tips on mindful eating (so you really savour those treats) and managing your stress this Christmas.

You'll find more recipes on [my blog](#) and [social media pages](#).

Enjoy!

HONEST + GOOD NUTRITION

MINDFUL EATING

Eating mindfully can tell your body and your brain it is time to 'rest and digest'.

Turn Off Devices

Getting rid of distractions helps you pay attention to what you are doing, how much you are eating, and when you are full. Let meal time be a break in your day when you take time for you. Eating at the kitchen table for dinner away from the TV and other distractions.

Deep Breathing

Take 3 deep breaths before you start eating to shift your body from stress mode to rest and digest mode. Eating in a less-stressed state will make a huge difference in the way you digest your food.

No matter where or when you are eating your food, take a few seconds to pause for breath and slow down.

Eat Slowly and Chew Your Food Thoroughly

Notice the colours, textures and flavors of your food. Enjoy chewing each bite. Digestion begins in the mouth with saliva breaking down your food and telling your stomach to prepare for the arrival of food. Many digestive complaints like indigestion, bloating, belching and gas can be resolved simply by simply chewing your food thoroughly. Plus you'll be giving your brain ample time to catch up with your gut to avoid overeating.

Eat With Good Posture

Sit up straight in a chair or on the floor in a cross legged position, keeping your spine long, and don't slump or eat curled up in a ball on the couch. Bring your food to your mouth rather than tilting your head towards your plate. Slumping affects your organs and slows digestion.

BREAKFAST

SOURDOUGH WITH TOMATOES, AVOCADO + DUKKAH

Ingredients

- ½ tsp of apple cider vinegar
- 1 avocado
- 1 tbsp plain coconut yogurt
- 6 cherry tomatoes, quartered
- 4 medium slices of sourdough bread
- 1 tbsp dukkah (available in Tesco and other supermarkets) or see the recipe on my instagram page

Method

1. Mash avocado and combine with yogurt.
2. Quarter tomatoes
3. Add the tomatoes (alternatively use 2 tbsp of guacamole).
4. Top the sourdough bread with mashed avocado and tomatoes or guacamole
5. Sprinkle Dukkah on top

No coconut yogurt: use greek yogurt or other plain yogurt

Main event later in the day? Add a poached egg



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BREAKFAST

GARLICKY MUSHROOMS WITH SOURDOUGH

Ingredients

- 2 tsp of olive oil or coconut oil
- 500 g mixed mushrooms
- 3 cloves garlic, crushed
- 3-4 sprigs of thyme or rosemary
- 4 slices of sourdough or rye bread
- Large pinch of black pepper

Method

1. Wash and slice the mushrooms.
2. Heat the olive oil or coconut oil on a medium heat.
3. Add the mushrooms to the pan.
4. Stir in the garlic and thyme and cook for 4-5 minutes.
5. Toast the bread and top with the mushrooms season with black pepper

Mushrooms: I like the Ballyhoura mixed bag

Main event later in the day? Add a dollop of yogurt on top



BREAKFAST

APPLE CINNAMON OVERNIGHT OATS

Ingredients

- 135 mg cups porridge oats
- 375 cups milk of choice
- 2 tbsp chia seeds
- 1 tbsp honey (or maple syrup)
- 1 tsp cinnamon
- 1/4 tsp nutmeg
- 1/2 cup Water
- 1 Apple (cored and diced)
- 117 g Walnuts (chopped)

Method

1. Combine oats, almond milk, chia seeds, honey, cinnamon, nutmeg, and water in a large glass container. Stir well to evenly mix. Cover and store in the fridge overnight
2. Remove from fridge. Use single-serving size jars (250 ml or 500 ml in size) and place a few spoonfuls of the oat mixture in the bottom of each.
3. Then add a layer of diced apple followed by a layer of chopped walnuts.
4. Store in the fridge up to 4 days or until ready to eat.
5. Warm if preferred.



BREAKFAST

GUT SOOTHING SMOOTHIES

Ingredients

Blend

- 296 ml water (cold)
- 21 g kale leaves
- 1/4 avocado (peeled and pit removed)
- 1/2 banana (frozen)
- 6 g chia seeds
- 7 g ground flax seed
- 20 g hemp seeds
- 21 g raw honey or agave

Ingredients

Blend

- 1 pear cored and quartered
- ½ fennel bulb
- 1 thin slice of ginger (fresh)
- 60 g spinach
- ½ cucumber
- 100 ml water (add more to get the consistency you like)

BREAKFAST

BLUEBERRY OAT MUFFINS

Ingredients

- 81 g oats (rolled)
- 20 g unsweetened shredded coconut
- 10 g hemp seeds
- 1 g cinnamon
- 2 g baking powder
- 1 egg or 1 flax egg
- 30 ml unsweetened almond milk
- 2 mls vanilla extract
- 20 g maple syrup
- 74 g blueberries (fresh)

Method

1. Preheat the oven to 190°C and line a muffin pan with liners.
2. In a large mixing bowl combine the oats, shredded coconut, hemp seeds, cinnamon and baking powder. Mix together until evenly combined.
3. In a separate mixing bowl, whisk the eggs, almond milk, vanilla and maple syrup. Add the egg mixture to the dry ingredients and mix until combined. Fold in the blueberries.
4. Divide the batter between the muffin cups and bake for 25 to 30 minutes or until the muffins are golden brown around the edges.
5. Let the muffins cool in the pan for 5 minutes before transferring to a cooling rack to cool completely. Enjoy!

LIGHTER BITES

FENNEL, GRAPEFRUIT AND AVOCADO SALAD - SERVES 6

Ingredients

- 2 fennel bulb, 300g approx
- 2 large red grapefruit
- 3 ripe avocados
- ½ tsp salt
- 50g fresh mint
- 150g punnet of blueberries

Method

1. Wash the fennel, remove the tough part at the bottom and discard.
2. Chop it into small strips (matchsticks) and put into a large bowl.
3. Add ½ tsp salt to the bowl and mix well to soften the fennel.
4. Peel and segment the grapefruit removing all the white bits.
5. Save any grapefruit juice and add to the bowl. Add the grapefruit segments to the bowl.
6. Cut the avocados in half, removing the stone, scoop out the avocado flesh and chop into small pieces.
7. Add to the grapefruit and fennel.
8. Finely chop the mint and mix through.
9. Lastly add the blueberries on top and enjoy!



LIGHTER BITES

TURKEY + VEGETABLE SOUP

Ingredients

- 15 ml olive oil
- 1 onion (chopped)
- 3 garlic cloves, (minced)
- 1 g dried thyme
- 6 g sea salt
- 1 sweet potato (peeled, cut into 1/2-inch cubes)
- 1 carrot (peeled, chopped)
- 2 stalks celery (chopped)
- 299 g turkey cooked (roughly chopped)
- 1.4 l bone broth or stock
- 61 g parsley (chopped)

Method

- Heat the oil in a large pot over medium heat.
- Add the onion and cook until it begins to soften, about 5 minutes. Add in the garlic, thyme and salt and continue cooking for one minute more.
- Add the sweet potato, carrots, celery and turkey. Stir to combine then add the chicken broth to the pot along with the parsley.
- Bring soup to a gentle boil then reduce the heat to low and cover with a lid. Simmer for 40 to 45 minutes or until the vegetables are very tender.
- Season if needed.

MAINS

VEGAN NUT ROAST

Ingredients

- 300g mixed nuts, such as almonds, hazelnuts, walnuts, pecans or Brazil nuts
- 1 vegan vegetable stock cube
- 2 tbsp olive oil, plus extra for greasing
- 1 onion, finely chopped
- 1 leek, trimmed and thinly sliced
- 2 carrots, coarsely grated
- 2 garlic cloves, crushed
- 4 tbsp cashew butter
- 180g cooked mushrooms chopped (optional)
- 75g dried cranberries
- 20g fresh parsley, finely chopped
- 1 lemon or orange, finely grated zest only
- 4 tbsp unsweetened almond milk
- 1 tsp sea salt
- Freshly ground black pepper

Method

1. Put the nuts and stock cube into a food processor and blitz on the pulse setting until chopped into small pieces, but not fully ground. If you don't have a food processor, chop all the nuts as finely as you can.
2. Preheat the oven to 180C Fan/Gas 6. Lightly oil then line the base of a 900g/2lb loaf tin with baking paper.
3. Heat the oil in a large frying pan and gently fry the onion, leek and carrots for 5 minutes, or until softened, stirring regularly. Add the garlic and cook for a few seconds more.
4. Tip into a mixing bowl and add the chopped nuts, mushrooms, cranberries, parsley, lemon zest, almond milk and salt. Season with lots of ground black pepper and stir until thoroughly mixed.
5. Spoon the mixture into the prepared loaf tin. Press down with a spoon firmly to compact the mixture. Cover with foil and bake for 30 minutes. Remove the foil and bake for a further 20 minutes, or until the loaf is hot throughout and lightly browned.
6. Remove the tin carefully from the oven and cool for 5 minutes before loosening the edges of the loaf with a table knife and turning out onto a board or platter. Cut into thick slices and serve.

ADAPTED FROM BBC GOOD FOOD RECIPE

MAINS

BAKED SALMON FILLET WITH A HONEY BUTTER GLAZE

Ingredients

Salmon

- 1.5 kg salmon side (skin on, bones removed)
- 1/4 tsp sea salt
- 1 tsp black pepper

Honey butter glaze

- 150g butter
- 120 ml honey
- 3 garlic cloves, finely minced

Topping

- 1 pomegranate, only the seeds
- 20 g parsley, roughly chopped
- 3 tbsp lemon juice
- 2 lemons, cut in 6 pieces each

Method

- Preheat oven to 180°C/350°F (all oven types).
- Place a large sheet of foil on a tray (double layer for safety is recommended), then top with baking/parchment paper. Place salmon on paper, then fold up the foil sides a bit to cup them so glaze won't run onto tray.
- Make the Glaze: Place ingredients in a saucepan over medium high heat. Once it started foaming, turn down to medium, let it foam for 2 minutes then remove and pour straight over the salmon.
- Season salmon with salt and pepper, putting most of the salt on the thicker part of the salmon.

MAINS

BAKED SALMON FILLET HONEY BUTTER GLAZE

Method

- Cover salmon with a smaller piece of paper, then foil. Fold and seal up sides to enclose salmon in a parcel – it doesn't need to be 100% tightly sealed.
- Bake 15 minutes. Remove salmon from oven. Uncover / fold excess paper – Remove paper and foil and paper cover. Fold/scrunch paper and foil sides down to expose salmon surface. Tucking paper down also ensures it won't catch fire when broiling.
- Switch oven to grill on high. Place salmon on middle shelf in the oven and grill for 7 to 10 minutes until you get caramelisation mostly on the edges, a bit on top.
- Don't put it too close to the heat element otherwise paper might catch on fire!
- Check to ensure salmon is cooked – either pry open in middle to check or use a probe to check internal temperatures
- Use foil overhang to transfer salmon onto serving platter straight away (otherwise it keeps cooking).
- Slide the foil then paper out from under the salmon, allowing juices to pool on platter.
- Loosely cover with foil, then leave to cool for at least 15 minutes.
- Chop and dress the parsley adding the pomegranate
- Sprinkle on top of the salmon. Squeeze over lemon juice.
- Serve with extra lemon wedges.

HONEST GOODNESS NUTRITION

MAINS

GLAZED HAM

Ingredients

- 4 kg whole boneless unsmoked gammon
- 1.5 litre (2 $\frac{2}{3}$ pint) cider
- 1 l litre (1 $\frac{3}{4}$ pint) apple juice
- 2 bay leaves
- 20 or so peppercorns
- 40-50 whole cloves

Glaze

- 50 g (2oz) light muscovado sugar
- 1 tbsp. runny honey
- 2 tsp. English mustard
- 1 tbsp water

Method

- Weigh your gammon, then put it into a large deep pan and add the cider and apple juice. Top up with cold water to cover and add the bay leaves and peppercorns. Bring to the boil, then turn down the heat, cover and simmer for 25min per 450g until cooked through.
- Remove ham and put on a board. Leave to cool for 15min.
- Preheat oven to 180°C / gas mark 4. Use a knife to remove the skin, leaving a good layer of fat covering the ham. Score a diamond pattern into the fat (not cutting down into the meat), and stud the centre of each diamond with a clove. In a small bowl, mix together the sugar, honey, mustard powder and calvados/brandy (or water), then brush over the ham and cook to brown in the oven for 20-25mins until golden.
- Serve warm or at room temperature in slices.

ADAPTED FROM GOOD HOUSEKEEPING



SIDES

MARINATED ROAST VEGETABLES

Ingredients

- 4 carrots, peeled and chopped into batons
- 2 parsnips, peeled and chopped into batons
- 2 red onion
- 5 tbsp olive oil
- 5 cloves garlic minced
- 2 tbsp grated ginger
- 4 tbsp olive oil or avocado oil
- 1.5 tbsp balsamic vinegar
- 1 tsp dried cumin
- 1 tsp dried thyme or oregano
- Black pepper to taste

Method

1. Preheat oven to 180 degrees.
2. Put all chopped veggies into a large, deep casserole dish or baking tray.
3. Whisk together the olive oil, balsamic vinegar and grated ginger.
4. Pour over the vegetables and mix using a large wooden spoon.
5. Sprinkle the seasonings and sea salt over the veggies and mix again until everything is coated.
6. Bake 25 minutes and then remove casserole dish from oven to stir the vegetables well.

SIDES

ROAST POTATOES

Ingredients

- Polish potatoes (2 or 3 per person)
- 2 tbsp flour (optional)
- 1/2 cup olive oil
- 5 cloves garlic (finely chopped)
- 2 tbsp thyme (finely chopped)
- 2 tbsp rosemary (finely chopped)
- Sea salt and freshly ground pepper (to taste)

Method

1. Peel the potatoes & cut them into halves (or quarters if your potatoes are massive)
2. 3/4 fill a large pan with water & bring it to the boil
3. Carefully pour the potatoes into the water, put the lid on & boil for 12 minutes - 15 minutes
4. Drain the water away & let the potatoes cool for 15 minutes
5. Shake in a colander to make fluffy, add flour if using
6. Pour the olive oil into a saucepan & heat it
7. Add the garlic, rosemary & thyme & cook them all together until the garlic has just started to brown
8. Pour the oil into a bowl (through a sieve)
9. Pour the infused oil you've just made into the potato bowl, season
10. Cover the bowl & vigorously shake the potatoes until coated
11. Put the potatoes on a baking tray, space them out evenly & bake at 200°C for 45 minutes
12. Take them out of the oven & serve immediately



SIDES

GARLIC HASSELBACK POTATOES

Ingredients

- 20 small russet potatoes (Golden Wonders) washed/scrubbed and pat dried
- 4 garlic cloves minced
- 4 tbsp olive oil
- 1 tbsp chopped rosemary
- 1 tsp chili flakes (optional)
- Season with pinch of sea salt and black pepper

Method

1. Preheat oven to 200 C.
2. Cut each potato into slices about 3 to 4 mm apart, without cutting all the way through it, and place them on a baking tray.
3. In a small bowl mix oil, garlic, chili (if using) and rosemary.
4. Brush the potatoes with the garlic oil mixture then season with salt and pepper.
5. Bake in the preheated oven for 60-75 minutes or until golden brown and crispy on tops. (timing varies on the size of potatoes)

DESSERT

NO BAKE BROWNIES

Ingredients

- 340g pitted dates
- 110g oats
- 60g almonds
- 60g walnuts
- 90g unsweetened cacao powder
- ¼ vanilla pod or 1 tsp vanilla extract

Method

1. Put the dates in a food processor and blend until smooth. Add a little water if needed to make a nice thick paste. Place date paste in a bowl.
2. Put oats and nuts into the processor and blitz to form fine crumbs.
3. Add your date paste and blend to combine. Add more water if necessary to create a dough.
4. Place your dough into a non-stick 20cm square baking tray (ideally silicone) and spread evenly, using a roller or small narrow jar.
5. Place in the fridge for a couple of hours and then slice into 9 brownies.
6. Stores in the fridge for up to 10 days or in the freezer for up to 1 month.



CHRISTMAS COMFORTS

HOT CHOCOLATE

Ingredients

- 240 ml unsweetened almond milk
- 5 g cocoa powder
- 10 g maple Syrup
- 25 grams
- Dark Chocolate (at least 70% cacao)

Method

1. Put the dates in a food processor and blend until smooth. Add a little water if needed to make a nice thick paste. Place date paste in a bowl.
2. Put oats and nuts into the processor and blitz to form fine crumbs.
3. Add your date paste and blend to combine. Add more water if necessary to create a dough.
4. Place your dough into a non-stick 20cm square baking tray (ideally silicone) and spread evenly, using a roller or small narrow jar.
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CHRISTMAS COMFORTS

CASHEW BUTTER COOKIES

Ingredients

- 240g of cashew butter (or almond or peanut) 5 tbsp sugar (e.g. coconut sugar)
- 3 tbsp honey or maple syrup
- 1 tsp vanilla extract 2 tbsp flaxseed
- ½ tsp bicarbonate soda
- ¼ teaspoon baking powder
- Pinch salt (sea or himilayan) - Optional

Method

1. Put all ingredients in a bowl (except the salt) and stir to combine, refrigerate for 30mins
2. Preheat oven to 200C
3. Form cookie dough into 16 balls, just smaller than a golf ball.
4. Press gently between the palms of your hands to flatten slightly.
5. Place on a non-stick baking tray a few centimeters apart.
6. Sprinkle a pinch of salt on top.
7. Bake for 7-8 minutes
8. Allow to cool for 5 minutes, then transfer to a wire rack to cool completely. Can be stored in an airtight container for 5 days.



DRINKS

MULLED APPLE JUICE - 0%

Ingredients

- 1 l fresh apple juice
- strips of orange peel
- 1 cinnamon stick , plus extra to garnish, if you like
- 3 cloves
- honey or agave to taste

Method

1. Simmer the apple juice with the strips of orange peel, cinnamon stick and cloves for about 5-10 mins until all the flavours have infused. Sweeten to taste.
2. Serve each drink with a little orange peel and a piece of cinnamon stick, if you like.





DRINKS

POMEGRANATE MOJITO - 0%

Ingredients

- 3 tbsp pomegranate seeds
- big bunch mint
- 2 limes , quartered, plus slices to garnish
- 1 l pomegranate juice
- 500ml lemonade



Method

1. A day ahead, divide the pomegranate seeds between the holes in an ice cube tray, top up with water and freeze.
2. Reserve half the mint for serving, and tear the rest into a large jug with the lime quarters.
3. Using a rolling pin, bash the mint and lime to release the flavours.
4. Add the pomegranate juice and lemonade.
5. Put ice cubes in each glass, then strain over the pomegranate mix through a small sieve.
6. Garnish with lime slices and more mint.



DRINKS

LOW ALCOHOL NEGRONI

Ingredients

- 150ml Seedlip Citrus Grove 42
- 150ml Seedlip Spice 94
- 150ml sweet vermouth (red is traditional but white is fine)
- Pared zest of 1 oranges, thinly sliced, to garnish
- Pared zest of 1 unwaxed limes, thinly sliced, to garnish (optional)

Method

1. Pour all the liquid ingredients into a large glass jug with ice cubes.
2. Stir with a long spoon, then strain into 5 short glasses with a few ice cubes.
3. Briefly stir, then garnish with a twist of orange (and maybe lime) zest.





DRINKS

CHRISTMAS GIN - MAKES 1 BOTTLE

Ingredients

- 1 red apples
- 30g dried pears or dried apples
- 250ml decent quality gin
- 1 fresh rosemary sprigs (optional)



Method

1. Core and slice the apple and put with the dried fruit in a large sterilised jar.
2. Pour the gin over the fruit, seal the jar and give it all a good shake.
3. Store in a cool, dark place for 7-10 days – the longer you leave it the darker and more intensely flavoured it will be.
4. Strain the gin into 1 x 250ml bottles. Insert a sprig of fresh rosemary, if you like.
5. Seal and decorate with festive ribbons.
6. Serve with your favourite festive tonic.



Christmas

M O O D



HONEST GOODNESS NUTRITION

Mood

For some people, Christmas is the happiest time of the year. In 2020 many people are really really excited about seeing their families, partners and friends. We are social beings and long for connection.

As ever, there are many for whom Christmas and New Year is a very stressful time for financial, relationship or work reasons.

This year has been hard for many people, there has been a lot of grief and anxiety about lost opportunities, lost time, lost plans and lost loved ones.

Even for those with the happiest of circumstances, Christmas can carry with it unconscious stress. This year will be different with social bubbles and guidelines and restrictions as well as the stress of expectation.

Just know that you are not alone and that there are lots of [supports available](#).

It's really important for your physical and mental health to be kind to yourself at this time of your.

This section includes an exercise that helps to relax your body and mind as well as some tips on coping with stress.





MOOD

THE RELAXATION RESPONSE

The Relaxation Response is a simple, effective, mind/body approach to relieving stress. Discovered by Dr. Benson at Harvard Medical School, it is routinely recommended to treat patients suffering from heart conditions, high blood pressure, chronic pain, insomnia, and many other physical ailments.

Steps for the Relaxation Response:

1. Sit quietly in a comfortable position. Close your eyes. Deeply relax all your muscles, beginning at your feet and progressing up to your face. Keep them relaxed.
2. Breathe through your nose. Become aware of your breathing. As you breathe out, say the word, "one*", silently to yourself. For example, breathe in ... out, "one", breathe in ... out, "one", etc. Breathe easily and naturally. Continue for 10 to 20 minutes. You may open your eyes to check the time, but do not use an alarm.
3. When you finish, sit quietly for several minutes, at first with your eyes closed and later with your eyes opened. Do not stand up for a few minutes.
4. Do not worry about whether you are successful in achieving a deep level of relaxation. Maintain a passive attitude and permit relaxation to occur at its own pace.
5. When distracting thoughts occur, try to ignore them by not dwelling upon them and return to repeating "one." With practice, the response should come with little effort.
6. Practice the technique once or twice daily, but not within two hours after any meal, since the digestive processes seem to interfere with the elicitation of the Relaxation Response.

*Or any soothing, pleasant sound, preferably with no meaning or association, to avoid stimulation of unnecessary thoughts.



MOOD

STRATEGIES FOR TRANSFORMING STRESS

Stress is unavoidable. Yet it's also manageable. You can change your responses to stress and have a huge impact on your resilience. Improving your ability to transform stress will strengthen your energy reserves, improve tissue health, and create a supportive environment for healthy aging.

Proven stress management techniques include:

- Go for a walk or spend time in nature
- Spend time with supportive friends or family
- Listen to music — or dance
- Look at something you consider beautiful (i.e. art or nature)
- Make and eat a healthy meal
- Try yoga, tai chi, or qi gong
- Breathe deeply and center yourself
- Adopt an active hobby like gardening, hiking or swimming
- Journal about positive things for which you are grateful
- Write a letter to someone you care about
- Scan your body and be aware of how you feel
- Get a massage, sit in a sauna, or soak in a hot bath
- Be creative (i.e. adult coloring books, crochet, write, draw)
- Sleep until you wake naturally
- Give yourself a hand or foot massage
- Visualise a place you find relaxing, like a beach, a park, seaside etc.
- Express gratitude to someone
- Find a funny movie, video clip or book and laugh



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CHECK OUT OUR GOOD FROM
THE BEGINNING PROGRAMME
STARTING 11TH JANUARY 2020

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