



**December 2009  
Newsletter**



Currently practicing Homeopathy, Advanced Indian Head Massage & teaching Stress Management and Relaxation Courses at Courtyard Complementary Health Centre, Boyn Hill Road, Maidenhead and from January at Hintons Pharmacy, The Parade, Watford

## **Jenny's Top 10 Tips To Less Stress At Christmas!**

Emotions can run riot at this time of year as family (and friends) spend longer together and the feeling you have to show you're happy as the perfect hostess, can be overpowering. Sometimes it's even necessary to play the role of peace-keeper, and the strains on your own wellbeing can be enormous.

Eating and drinking can traditionally turn into a gluttonous feast and stress levels sour as your liver, kidney and heart have to work overtime to detoxify. After the feasting your body experiences a physical let-down as blood sugar levels fall below normal. When you're emotionally upset as well, then problems seem worse, and all feels doom and gloom.

As long as you have times of rest and relaxation, then your body and mind can cope with difficult emotions and lots of good food and drink, even if you're the mother, wife, sister, aunty all at the same time!

Did you know there are some very quick ways to stop the stress hormones (adrenaline and cortisol are the main ones) and kick in the "happy" or "feel-good" hormones (that's enkephalines and endorphins)? In fact in just a few seconds you can send a new message to your brain to start the relaxation process.

Following these 10 tips should help you not just survive, but to thrive and enjoy this Christmas!

- 1) For a quick relaxation – stretch up to the ceiling in a cat-like stretch, then let your arms flop to your sides and pull your shoulders down towards the floor. Then stop pulling and feel your shoulders less tense. Shrugging or circling your shoulders can make them even more relaxed.
- 2) For a quick relaxation in a discreet manner – stretch out your fingers and your toes as you uncurl your hands and feet. A quick shake out of your hands, and a massage of one hand with the other can also be very helpful.
- 3) Sing in the shower, car, kitchen and doing housework! This will make you feel better and breath better. Singing also improves your posture, and "happy" hormones will be stimulated by your own voice vibrations!
- 4) Laugh out loud when you hear or see something funny! A simple smile or giggle is not so quick at triggering those "happy" hormones as a good belly-aching laugh.
- 5) Take time out on your own, at least once in the holidays. This could be by going for a walk without your mobile phone, or asking others not to disturb you whilst you enjoy a long, warm soak in the bath!
- 6) When you get upset – take a deep breathe in, then count to 2 while you hold it, and then slowly breath out through pursed lips as you count to 5. Controlling your breathing ensures you get enough oxygen in, and let the carbon dioxide out of your body so less toxins build up, which are usually what causes stiff shoulders and neck.
- 7) Keep to a bed-time routine so your body and mind have time to unwind ready for a deep, refreshing sleep at night. Even if the bed-time varies as you might be coming home later, or being hostess into the early hours, you can still promote the sleep hormones in the last 10 – 20 minutes of your waking day.
- 8) Eat rich dark chocolate instead of milk chocolates with sweet fillings. Cocoa can stimulate the "feel-good" hormones, but these benefits are often out-weighed by the sugar-rush from the added sugars in milk chocolate which leads to high blood sugar levels, increased blood pressure and increased heart rate.
- 9) Allow your body 3 - 4 days to recover, detoxify, and refresh itself after you indulge in heavy eating and drinking! Eating only light, healthy meals which are easy to digest, and drinking plenty of water is the simplest way to detox.
- 10) Make a couple of realistic, sensible New Year Resolutions so that you don't feel let down and disappointed by having over-ambitious hopes and unobtainable dreams!

## Plans for 2010 for Healthy Relax

### Healthy Relax expands to Watford

Since I grew up in Watford and still have family and friends there, I have looked for local Complementary Therapists and Homeopaths, in particular, for them. I was surprised to find there are only 3 registered Homeopaths and none in the town centre. So I have arranged to work from the Private Consultation Room at Hintons Pharmacy in The Parade, and offer Homeopathy and Advanced Indian Head Massage. I plan to run Relaxation Courses locally too. I hope to work in Watford on Tuesdays and Wednesdays, and in Maidenhead on Thursdays and Fridays, and alternate Saturdays between the two locations.

### Relaxation and Meditation Classes in Maidenhead

Following 2 Ladies Indulgence Afternoons, 6 Ladies Indulgence Evenings, and 1 Wellbeing Fayre in November, Ali Heathfield and I have decided there is enough local interest to run some Meditation Classes. In order to meditate a state of relaxation must first be obtained, so the classes will start by me leading some techniques from my Relaxation Courses, and then when you are more relaxed Ali will lead beyond your physical body to develop the meditative state of a relaxed, quietened mind. Ali's qualifications in Neuro Linguistic Programming, Time Line Therapy, Hypnotherapy and Laughter Yoga means she has a deep understanding and good experience to lead these meditation classes. Mondays 8.15pm – 9.15pm in All Saints Church Hall, Maidenhead (next door to the Courtyard Centre) For a Taster Session at just £5.50 on Monday 11<sup>th</sup> January, please call or email me or Ali to book your place. Regular Classes will cost £7.50 drop-in, or pre-paid £30 for 5 weeks.

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### Homeopathy and Bach Flower Remedies

Natural medicines – help treat the cause of your sickness not just your symptoms - also boosts your immune system to help your body heal itself. Great way to cope with the general malaise, aches and pains of winter, as well as beat colds and flu.

*Now available – Free 15 Minute Chat (no obligation). Full Consultations incl. remedies cost £37*

### Advanced Indian Head Massage

Relax and de-stress in 45 minutes with a seated and fully clothed massage with no need to use oils. Massage of the upper back and arms, shoulders, neck, head, ears, face and energy balancing.

*Full Treatment £33*

### Stress Management and Relaxation Course

Easy techniques are taught in 4 sessions, each 90 minutes, to enable you to relax and cope better with stress. Maximum 4 people per Course. Based on the methods from The Amber Courses, and highly recommended by GPs. Courses available in Watford from January on Tuesdays at 7.30pm or in Maidenhead Thursdays (time to be confirmed)

*Total cost - £99, includes course materials, CD, book and lending library*

***Discounts Available - Call for information on latest special offers!***

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#### Yoga Classes

Claire's Court School,  
College Road,  
Maidenhead  
Thursdays 7.30pm

Call Deborah 07834 971062

#### Tai Qi Gong Classes

The Soltan Centre,  
Henley Road,  
Stubbings  
Mondays & Thursdays 10am

Call Sue 01628 638982

#### Pilates Classes

All Saints Junior School,  
Westborough Road,  
Maidenhead  
Wednesdays 6.15pm

Call Zoe 07789 075235

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*The contents of this Newsletter are for general advice only, professional advice for individuals should be sought from their GP.  
For further information call 01628 770971 or email [jenny@healthyrelax.co.uk](mailto:jenny@healthyrelax.co.uk)*



December 2009 © Jenny Whittick BSc (Hons) LBSH LCICI CThA

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