



Simplicity
wellness+yoga+more

Holiday

SURVIVAL GUIDE

Quick Wellness Hacks to Survive the Season



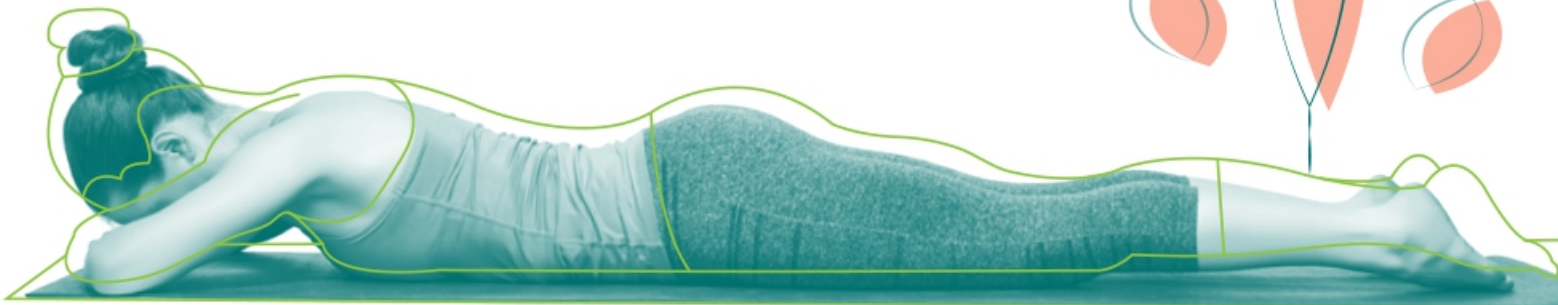
1

Spend 15 Breaths in Crocodile



**In need of some instant centering?
This gentle yoga posture will help
you:**

- 1 Turn your back on the world for a few minutes
- 2 Center your mind
- 3 Sink into deep diaphragmatic breathing
- 4 Naturally trigger your body's relaxation response



CROCODILE *(makarasana)*

Lie face down. Fold your arms, each hand on the opposite elbow, and draw the forearms in so that the chest is slightly off the floor, with the forehead resting on crossed arms. Keep the legs together, or separate them a comfortable distance with the toes turned in or out, whatever feels best in your body.

Close your eyes. Relax the legs, abdomen and shoulders. Soften the eyes and jaw. Turn your attention to the breath. Feel the cleansing qualities of each exhalation and the rejuvenating effects of each inhalation. Center here for about 15 breaths.

2

Find a Green Space Close to Home for Forest Bathing Benefits



Protect your sanity — and immunity — by taking short walks in green spaces regularly. This “forest bathing” lowers stress hormones and provides an instant immune boost. The health perks are attributed to

PHYTONCIDES

basically antimicrobial essential oils naturally emitting from trees.

The steps of forest bathing are quite simple:

- 1
- 2 Go to a forest
- 3 Walk slowly
- 4 Breathe
Open all your senses



3

Ease Holiday Anxiety the Ayurvedic Way



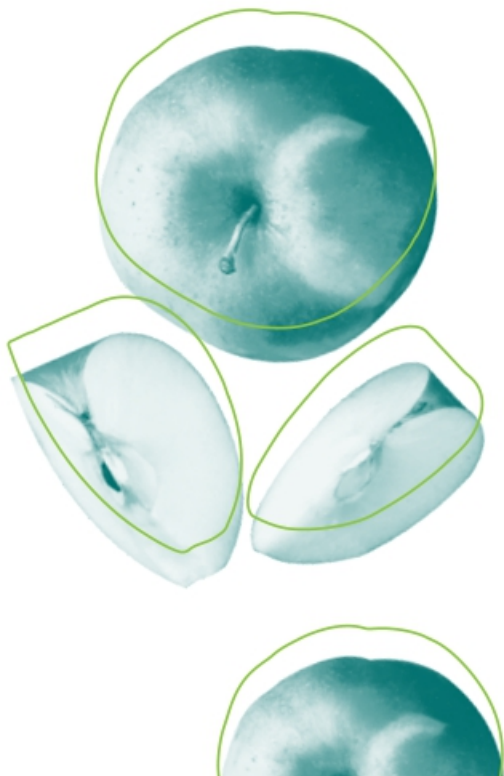
Fall marks the “vata” time of year in Ayurveda, one of the oldest wellness systems in the world. To help curb racing thoughts, trade in light, crunchy foods and snacks and replace them with warm, mushy,



**GROUNDING
FOODS** *like
soups and stews.*

Oatmeal with cooked apples and cinnamon is a perfect fall breakfast to

**BRING YOU
into balance.**



4

Start Practicing Alternate-Nostril Breathing



This ancient breathing exercise helps calm the nervous system and is a wonderful exercise to practice before meditation or prayer. With practice, it is said to help level out mood swings and keep the mind even.



HOW TO PRACTICE *Alternate-Nostril Breathing*

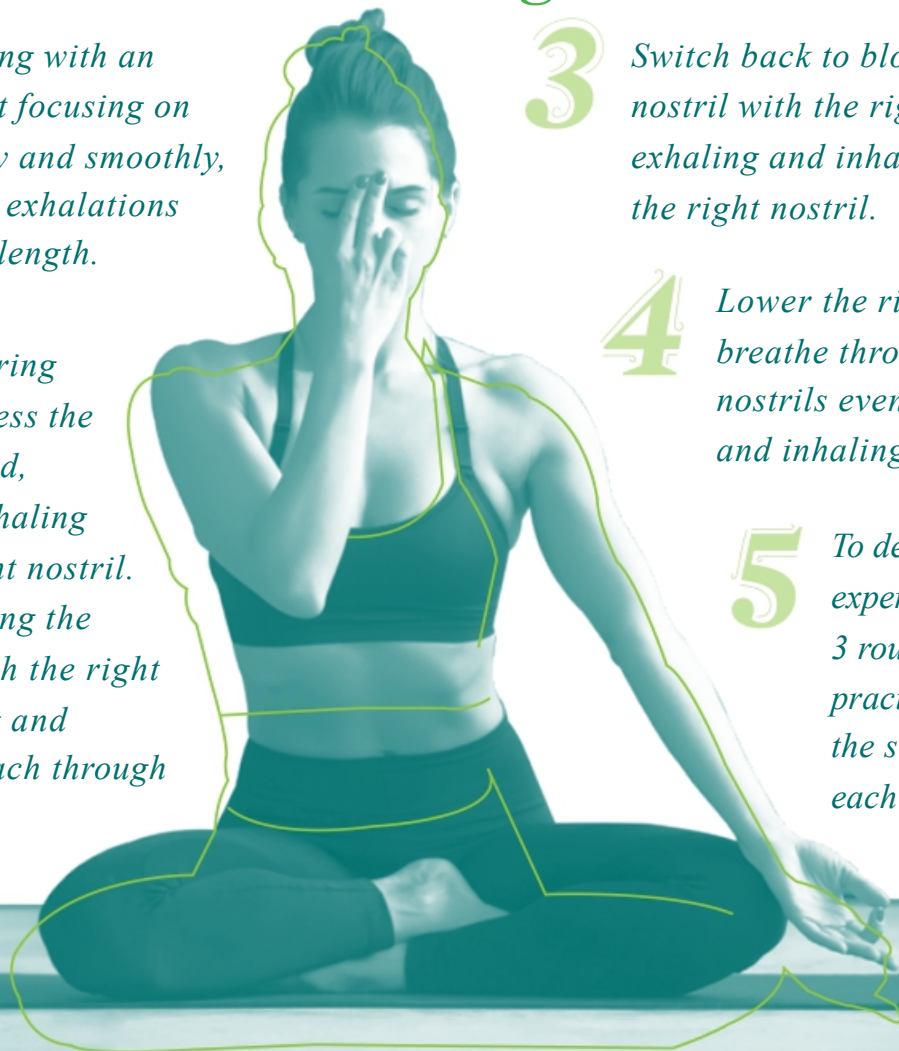
1 Before bed, sitting with an erect spine, start focusing on breathing evenly and smoothly, inhalations and exhalations about the same length.

2 Using the right ring finger, gently press the left nostril closed, exhaling and inhaling through the right nostril. Switch to blocking the right nostril with the right thumb, exhaling and inhaling once each through the left nostril.

3 Switch back to blocking the left nostril with the right ring finger, exhaling and inhaling through the right nostril.

4 Lower the right hand and breathe through both nostrils evenly, exhaling and inhaling three times.

5 To deepen your experience, practice 3 rounds of the above practice, alternating the starting nostril each time.



5

Pencil in a Nap



The holidays can be depleting. Recharge with a nap.

The ideal “sweet spot” is napping for 5 to 45 minutes.

Even a 10-minute nap is scientifically shown to immediately

IMPROVE ENERGY AND MENTAL PERFORMANCE

for up to 2.5 hours.



6

Keep a Bottle of Grapefruit Oil Handy



To prevent holiday stress, grapefruit is the essential oil of choice. Simply smelling it

INDUCES RELAXATION, IMPROVES MOOD

and even helps curb sugar cravings.

Scientists believe it activates sympathetic nerve activity that reduces stress-related cravings and helps control body weight.

HOW TO USE

Add several drops of grapefruit oil and a dab of coconut oil to a cotton ball, rub it onto your wrists, neck or chest or inhale the natural fragrance directly to stave off cravings and stress.





7 Snack for Stronger Sleep

Do you find yourself mindlessly stress eating as you hunker in for some nighttime Netflix binging? Instead of reaching for chips or pretzels, focus on healthier snacks that will also promote better sleep:

1 *Ezekiel wrap with turkey and cranberries*

2 *Half a banana with a few almonds*

3 *Crackers with almond butter*

4 *Gluten-free oatmeal with honey and dark cherries*

5 *8-ounce glass of warm goat's milk kefir with turmeric and a dash of cinnamon*

6 *Chamomile, passion flower and valerian tea*

7 *Small glass of tart cherry juice*

