

Recharging and Reconnecting



Kia ora koutou,

Between Christmas and New Year, we often find ourselves surrounded by loved ones, delicious food, and festive cheer. However, as the holiday decorations are taken down, and we return to our daily routines, it can be a little challenging to transition back to the real world. But fear not, the post-holiday period can also be a time of renewal, reflection, and self-care.

Embracing the New Year

The post-holiday period can sometimes feel like a whirlwind as we return to our normal routines. It's essential to prioritise self-care during this transition. Here are a few tips to help you ease back into the daily grind and ensure you're taking care of yourself:

- **Rest and relaxation:** After a busy holiday season, make sure you get enough rest. Recharge your energy by getting a full night's sleep, taking short breaks during the day, and practising relaxation techniques like deep breathing or meditation.
- **Physical activity:** Exercise is not only great for your physical health but can also boost your mood and reduce stress.
- **Social Connection:** Reconnect with whānau and friends and share your holiday memories. Social interactions can provide emotional support and help fostering a sense of belonging and well-being.
- **Organize and Declutter:** Take some time to declutter your living space. A clean and organised environment can help reduce stress and enhance productivity.
- **Plan Fun Activities:** Plan enjoyable activities to look forward to in the coming weeks. Whether it's a hobby, a new project, or a day trip, having something to anticipate can make the transition back to everyday life more exciting.

Overnight oat can be a simple, time saving, and refreshing breakfast to kickstart your morning

- ½ cup rolled oats
- ½ cup milk
- ½ cup plain yogurt
- 1 can of mango, drained and cut into cubes
- 1 tablespoon honey or maple syrup (optional)
- ½ teaspoon vanilla extract (optional)

1. In a glass jar or container, combine the rolled oats, milk, and plain yogurt.
2. Add the honey or maple syrup and vanilla extract (if using) to sweeten the oats. You can adjust the sweetness to your taste.
3. Stir everything together until well combined.
4. Gently fold in the chopped mango, leave a few mango pieces for topping.
5. Close the container and refrigerate it overnight or for at least 4 hours to allow the oats to absorb the liquid and the flavours.

In the morning, give the overnight oats a good stir and taste. Adjust the consistency by adding more milk if you prefer it to be thinner. You can also swap out mango for other fruits such as berries (strawberries, blueberries, blackberries), banana (peanut butter goes well with banana!), peaches, apples, or pears. Add some pumpkin or sunflower seeds for some crunchiness and a protein boost!