

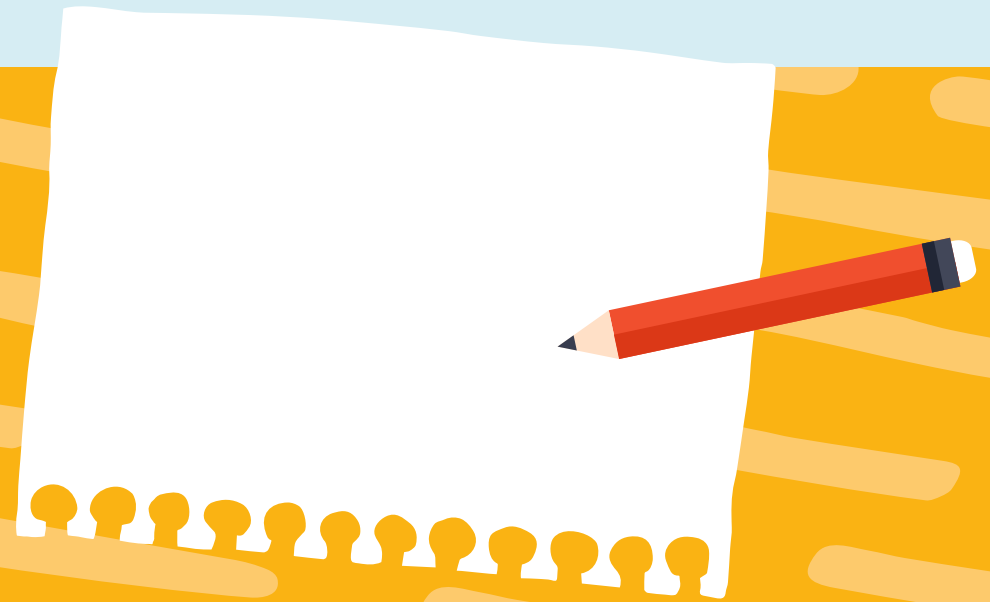


Doctor Care Anywhere **2022 advent calendar**

Click on the day to reveal a festive surprise



1



Start a gratitude practice

**Leave a notepad by your bed
and write 3 things every day
that you are grateful for.**

Dr Sherina Fernandes

2



**Protect your mental
health - its ok not to be ok.
*But don't suffer in silence.***

Dr Olivia Codrington



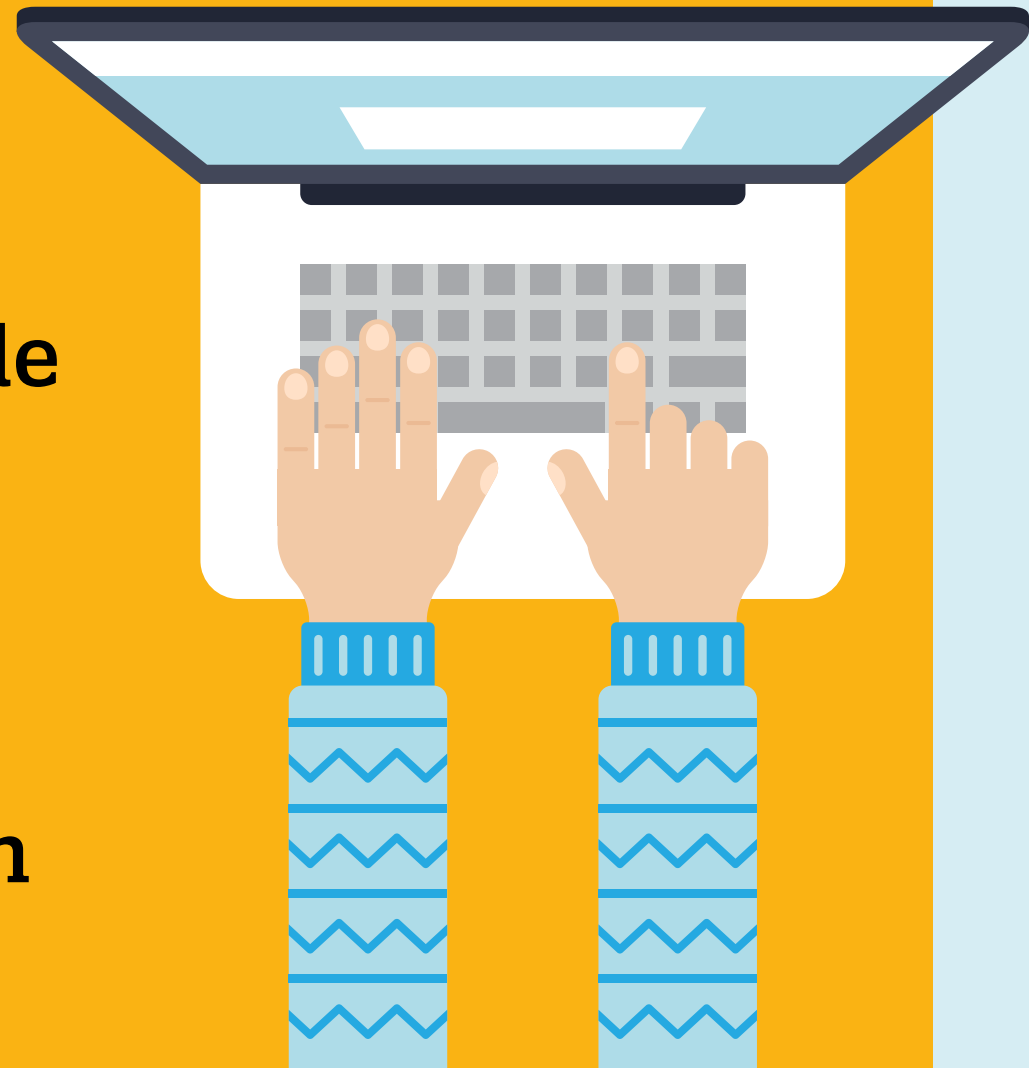
Make time for yourself
- its a busy time of year!
Take a walk, watch a film,
read a book.

Dr Olivia Codrington

4

Christmas shopping tip!

**Browse in incognito mode
- it prevents searched
items coming up as ads
on your families devices
and stops companies
from putting prices up on
your viewed items.**



5

**Avoid that sluggish
feeling with a brisk
morning walk.**

Dr Olivia Codrington





Christmas can be difficult for some people - *take a moment over the festive season to reach out to family, friends, colleagues, or neighbours who may be struggling at this time of year.*

7

Have a detox from social media ^{zzz}



Try silent mode and do not disturb functions



Turn off your notifications



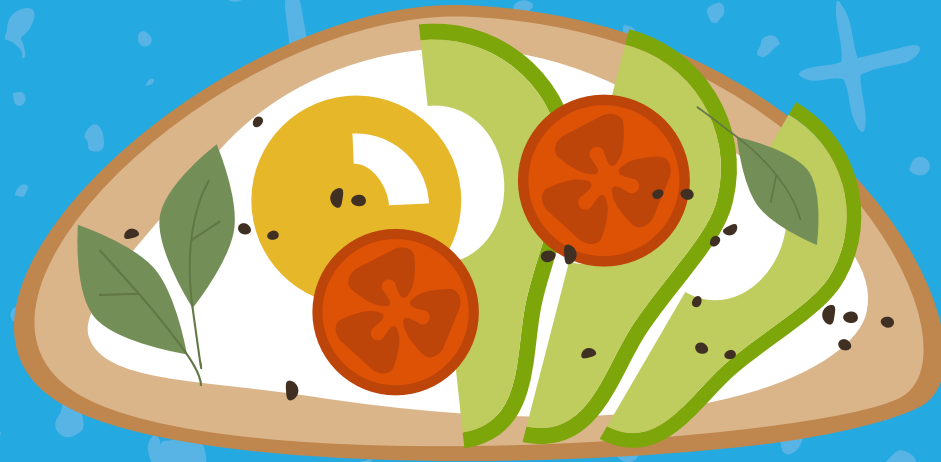
Delete any unnecessary apps



Detox with a friend

Dr Binita Parmar

8



Grab a healthy snack before a festive party - *you don't have to overindulge at every social event.*

Dr Olivia Codrington

9



It's ok to say no - *don't feel like you must attend every social event over the festive period if you need some peace and quiet.*

Dr Olivia Codrington

10

be
joyful

“Comparison is the thief of joy”

**Limit social media and connect in person
- don't compare your day to what you
perceive others are doing. Be grateful for
what you have in front of you.**

Dr Sherina Fernandes

11



Did you know that the image of Santa today, is thanks to Coca-Cola?

Santa tended to look spooky, until 1931 when Coca-Cola hired an illustrator to depict a jolly old elf for their adverts – which is the vision we have today!

12

Connect with nature to destress -
wrap up warm and take a mindful walk, notice the patterns of the trees and leaves on the ground. Fractals can lower stress by upto 60%.

Dr Sherina Fernandes



13

It's the official day to put up Christmas decorations!

Did you know the Christmas tree became popular after Queen Victoria and Prince Albert were sketched around a Christmas tree in 1846?



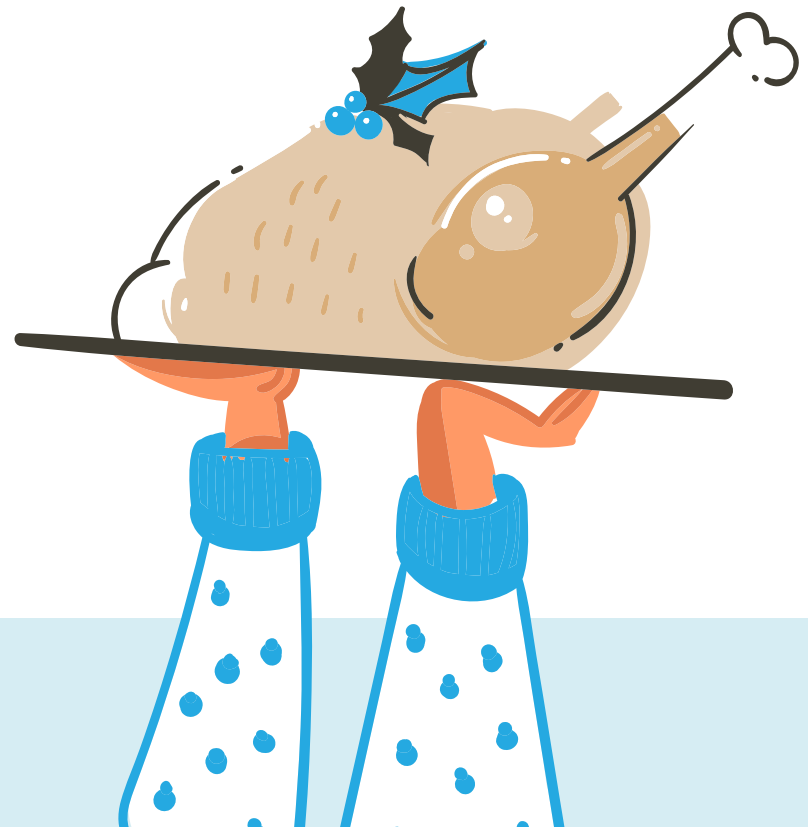
14

Avoid hostess stress!

Delegate some jobs, ask your guests to bring an aperitif, Christmas crackers or something else you may need –be specific and give them enough time!

You can also manage your stress levels -by deep breathing, yoga or a digital detox.

Dr Olivia Codrington



15



Have you put up your festive decorations?

Did you know?

The Christmas wreath is a symbol of love and eternal life.

16

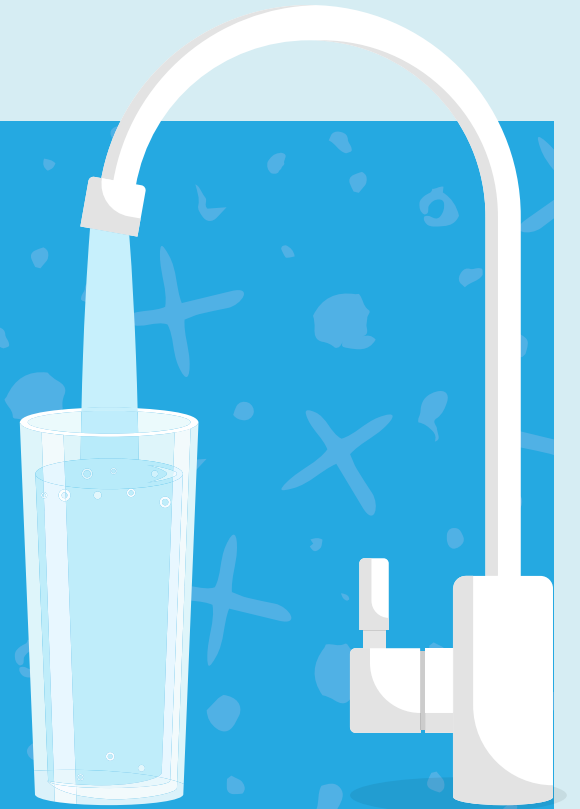


Feeling lonely?

**Get out of your comfort zone and
join a new group or try volunteering.
It's all good for the soul.**

Dr Olivia Codrington

17



For every alcoholic drink
you may have, *have a
glass of water as well.*

Dr Olivia Codrington



18



Prioritise sleep - *it's essential to help regulate your mood and emotional wellbeing around the family!*

Dr Sherina Fernandes



19



Handy tip!

Chew your food properly to aid your digestion and try to aim for a long food-free gap overnight of 12-14 hours.

Dr Olivia Codrington

20

Use a portion planner to help you figure out exactly what you need to cook for each meal, so *perfectly good food* doesn't end up in the bin.



21



**Don't forget to post
your Christmas cards!**

*Today is the last day you can send
1st class mail to ensure they arrive in time.*

22

Did you know?

It only took six weeks for Charles Dickens to write “A Christmas Carol.”



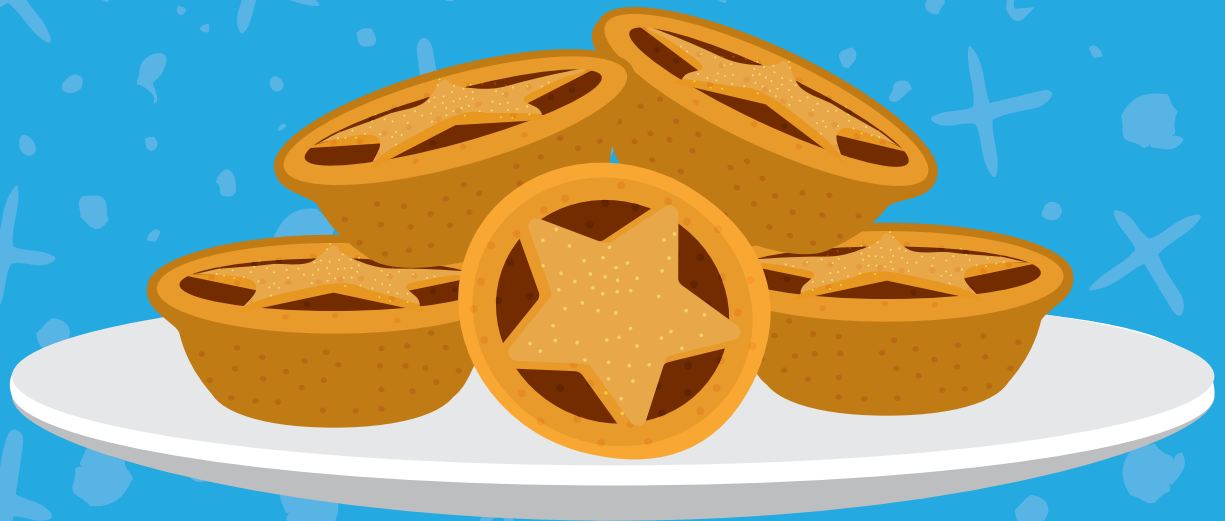
23



Don't forget to defrost that turkey!

And a tip from Dr Sherina Fernandes why not - use garlic herbs and spices to pack in the nutrients on your Christmas food.

24



Check you've wrapped all your presents and *don't forget to leave the mince pies and a glass of milk out for Santa!*

25

Happy Christmas!

**Don't feel guilty if you
have a treat - enjoy it!**

Dr Olivia Codrington

