

Tis the Season to be Jolly

How to enjoy a stress free Christmas ...

December is a busy time of year, with many of us preparing for the festive season and finalising urgent work before year end. Despite the anticipation of fun, Christmas brings many challenges. Looking after ourselves is essential to cope with the "silly season". Here are some tips for maintaining good energy, managing stress and making the most of Christmas and family time.

1. Positive People Management

Aim to be tolerant of others and patient - you can't please everyone. Forget any family problems that have arisen during the year.

Be considerate, tell family in advance if you change plans, so they can organise something else.

You can't be everywhere at once so try not to over-commit yourself. Be direct and remember you're saying 'No' to the request not the person.

2. Budgeting

Set limits on what you can afford.

Do not feel pressure to overspend, it's the thought that counts!

Make a gift list and decide a dollar limit for each person before hitting the shops.

Allow for extras - food, fuel, alcohol, taxi's, decorations, postage, pet boarding for when you go away.

Be open - others may be relieved to hear you can't afford elaborate gifts and feel less pressured.

Homemade gifts are an inexpensive, personal touch (cards, baking, flowers).

3. Before Christmas day

Make a list - presents, cards to write, food to buy, what to cook and when to start cooking.

Wrap presents as soon as you buy them or ask for them to be wrapped at department stores.

If affordable, hire someone to clean the house and tidy the garden the week before Christmas.

If you plan to bake start earlier in the month and freeze what you can or purchase prepared food, sauces, puddings.

A fun idea for the family could be to decorate the house, or get creative and make your own Christmas cards. Plan how you would like Christmas day to unfold - but stay flexible!

4. On Christmas day

Expect things to take longer than you plan, allow plenty of time to enjoy and don't overload your day.

Get everyone involved by assigning tasks to each family member, like handing out presents, making drinks, setting and decorating the table.

5. Self Preservation

Take some time out for you...

- Relaxation - take a moment to do slow breathing, release tension with a massage and gentle stretching.
- Your health is important - don't over-indulge, get plenty of sleep and drive safely.
- At the Christmas party - eat and drink in moderation, set limits, watch your drinking pace and keep hydrated.
- If work pressures seem to be unmanageable, ask for extra resources to help you through.

Assiram welcomes a new Remedial Therapist



We are pleased to introduce **Danielle** who has joined our team at Assiram.

Danielle trained at the School of Integrated Body Therapy in NSW and brings to the table many great skills and techniques. Danielle has a particular interest in sports massage, deep tissue massage and trigger point therapy.

Danielle chose massage as a career after being in a car accident and suffering spinal injuries. She found amazing relief from remedial massage and this inspired her to gain an understanding of body mechanics and injury rehabilitation, to help others like herself.

Danielle's availability

Monday 11.00am - 7.00pm

Tuesday 12.00pm - 7.00pm

Wednesday 12.00pm - 7.00pm

Friday 12.00pm - 7.00pm

Saturday 9.00am - 3.00pm

Movember Fundraising

A big thank you to our clients for your generous donations to the Movember Foundation!
Our Movember team raised \$ 105.85

All funds go towards increasing awareness of men's health issues. For more information on Movember go to <http://www.movember.com/>



**The WINNER of the
free massage voucher is ...**

Peter Ranson

Thank you for your donation

Christmas Opening Hours

**The clinic is closed from
24th December and will re-
open again in the New Year
on 5th January.**



We wish you a Merry Christmas!

We'd like to wish our clients a very happy Christmas and thank you for your support. We look forward to treating you again next year.

Farewell to John & Jeremy

We say farewell to John Davies and Jeremy Syme, who have departed to Canada. These therapists provided great treatments to many happy clients over the years. We wish them well for their future travels!

Introducing Monique Deguara Remedial Therapist

We welcome Monique to our team of talented Therapists.

Monique offers a wide range of skills and experience that she has gained over the last 3 years in the massage industry. Monique is completing a Bachelor Degree in Health Science (Nutrition) and has an interest in Eastern philosophy medicine.



Monique specialises in the following treatments

Remedial massage, deep tissue, myofascial release, lymphatic massage, aromatherapy, shiatsu, facial massage, pregnancy massage and relaxation.

Christmas Gift Ideas



**Treat someone to a
Gift voucher this Christmas**

Natural products in Store



Assiram Natural Therapies - 99 Creek St Brisbane QLD 4000
Ph: (07) 3229 0115 Fax: (07) 3229 2145

www.assiram.com.au

Remedial Massage

Acupuncture

Musculoskeletal Therapy

Corporate Massage