



HAYES & JARVIS

Let's talk holidays

# The Four Pillars To Get The Most Out Of Your Holiday



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### 1 Early nights and plenty of exercise

**Jeannie Di Bon - Pilates & Personal Wellness Coach, [jeannedibon.com](http://jeannedibon.com)**

Holidays should be all about relaxation, but getting ready for them can be anything but. No matter how busy we may be packing, planning and ploughing through tasks before our holiday, try not to shirk your normal exercise routine, even if it's just squeezing a walk in each day. Make sure you also get some early nights to relax the body. People tend to push themselves right before a holiday, as they know they're about to have a break, but this is the worst thing you can do. It'll take you twice as long to unwind once you reach your destination if you arrive exhausted.

### 2 Sightseeing

**Ceri Wheeldon - Editor of Fab after Fifty, [fabafterfifty.co.uk](http://fabafterfifty.co.uk)**

Fitness on holiday doesn't have to mean a session in the gym or an exercise class. Go sightseeing! It's amazing how far you walk in a day when taking in the sights - you can easily fit in 10,000 steps before lunchtime, without even noticing. If you finish your day with a dip in the pool even better.

### 3 Twenty minutes of exercise

**Helen Croydon - Triathlete, [helencroydon.com](http://helencroydon.com)**

If you're tired after work, it's usually mental fatigue and not physical fatigue. A blast of exercise and fresh air will rest the mind and liven the body, even though it might be the last thing you want to do. Tell yourself you'll just do twenty minutes. Even if it's a run in the rain, you can cope with twenty minutes of anything. Once you start feeling your blood circulating, air filling your lungs and your mind turning off, you'll probably end up doing more. Set a small target so you don't feel daunted. Ask yourself, will I regret doing this, or regret NOT doing this?

### 4 Head to the pool!

**Maria Hocking - Life & Motivation Coach, [mariahocking.com](http://mariahocking.com)**

Swimming is a fantastic way to de-stress, whether it be on holiday or on the way home from work. It helps to clear the mind, as focus is needed to coordinate the strokes and the breath, leaving little space for thoughts of work or deadlines. Also, the link between water and stress reduction is well documented. Many studies again show a reduction in cortisol levels after not only being immersed in water, but simply by spending time near water. Maximise this relaxation by spending as much time around or in water as possible.

### 5 Practice meditation or yoga

**Courtenay Pipkin - Founder of Warrior & Wild Yoga Studio, [warriorandwild.co.uk](http://warriorandwild.co.uk)**

Whilst away from home, a yoga and meditation practice can offer the perfect opportunity to find reflection and space amongst a hectic travel schedule. Even a short 20 minute practice can get the blood flowing, the muscles stretching and the body moving to avoid any stiffness on those long plane or car journeys, providing a refreshing energy boost to keep that jet-lag at bay. Often struggle to sleep soundly in a different bed? A gentle restorative practice and short meditation at the end of an evening can calm the mind, soothing you into a deep and restful sleep even whilst in unfamiliar surroundings.

### 6 Gentle and rhythmic exercise

**Dr Natalie Raiher - Chartered Psychologist, [theppracticeat322.co.uk](http://theppracticeat322.co.uk)**

Gentle exercise is brilliant for burning up some of the adrenalin. We recommend that the exercise be gentle and rhythmic, so as to reinforce that the body is not in danger, and to encourage a state of mindfulness. Swimming, walking, yoga, tai chi and pilates are all excellent.



## The Four Pillars To Get The Most Out Of Your Holiday

### 1 Leave multi-tasking at home

**Nicola Rae-Wickham - Founder of A Life More Inspired, [alifemoreinspired.com](http://alifemoreinspired.com)**

Be present - make an effort to really be in the moment. Use the downtime on holiday to be able to focus on one thing at a time - you are on holiday so leave the multi-tasking tendencies at home. Practice mindfulness - being on holiday is a great opportunity to practice mindfulness. A nice exercise whilst you are relaxing is to really take in your surroundings by looking around at the details of the trees, the sky, the people, the birds singing, allow yourself to tune into the beautiful things around you.

### 2 Let go of any expectations

**Michelle Atkin - Clinical Hypnotherapist, [facebook.com/conversationsthatconnect](https://www.facebook.com/conversationsthatconnect)**

The biggest thing people do is over plan. They get all hyped up about a perfect holiday and then feel depressed, let down and angry when they feel plans are not being followed. So, letting go of any expectations and being flexible can really help to keep things calm on holiday. Be flexible in what you plan. Make time to be apart. Be present in the moment.

### 3 Look at life through the lens of a camera

**Maria Hocking - Life & Motivation Coach, [mariahocking.com](http://mariahocking.com)**

Get snap happy! Taking pictures of your surroundings on holiday is beneficial for your health. It has been proven time and time again that activities involving creativity, such as photography, are good for well-being. Pausing for a moment and looking at life through a camera lens will allow you a moment of calm. Focusing all of your attention on an object or your surroundings will enable you to practice 'mindfulness' which reduces stress and allows your mind time to be free from worry. Most cameras and camera phones have many different settings with which you can experiment to achieve a variety of results, so get creative, calm and snap happy.

### 4 Reconnect with yourself

**Sue Walsh - Life Coach, [boldwomen.co.uk](http://boldwomen.co.uk)**

Don't spend your holiday rushing around and trying to fit in trips and excursions. Plan in some 'me-time' when on holiday and spend the first couple of days relaxing, such as reading a book or having a spa break. It's important for your holiday to be downtime so you can reconnect with yourself.

### 5 Draw in deep breaths

**Coach Lyds - Mentor & Motivational Speaker, [coachlyds.com](http://coachlyds.com)**

Go on beautiful beach walks in the morning or at the end of the day. Walking barefoot on the sand massages your feet and provides meditative benefits that will help you feel mentally grounded and centered. At any time, you can draw in deep breaths to bring tranquillity to the entire body and mind, another great way to switch off, relax and connect to yourself again.

### 6 Keep tasks under control

**Steven Buckley - MIND, [mind.org.uk](http://mind.org.uk)**

There are many things to think about when going on holiday and it can be overwhelming for a lot of people. Your workload might also be making you anxious about going on holiday. Juggling work tasks can be very stressful, but it is helpful to try and get them all under control so that you can head off on holiday with a clear mind. If you are worried about going on holiday, you could think about the list of tasks you need to do and what you need to pack so that you can keep track of where you're at. Try and complete tasks, such as booking travel insurance or sorting out transport, in advance so you're not panicking about them at the last minute.



## The Four Pillars To Get The Most Out Of Your Holiday

### 1 The importance of preparation

**Mike Fisher - British Association of Anger Management, [angermanage.co.uk](http://angermanage.co.uk)**

The first week of the holiday should be all about stabilising your immune system by being careful of your alcohol intake, sleeping well and keeping a balanced diet. However, this rarely happens - people binge out and release the large buildup of stress, hence holiday arguments, fights and break-ups. My advice is to recognise and deal with your stress two weeks before your holiday starts so you're not taking it with you.

### 2 Favourite holiday moments

**Joanne Sumner [joannesummer.com](http://joannesummer.com)**

Manage your expectations: Beforehand, talk with your fellow holidaymakers about what sort of holiday you'd like to have. If you're a beach and book girl, and your other half wants to raft and ride, then you may need to agree on some compromises before you go. Allow 2 – 3 days to really settle in and unwind. Before you come home, reminisce about the best bits, as this will help de-stress you for a while when you get back.

### 3 Daily goals

**Hannah Cox - Life Coach, [betternotstop.com/hannah-cox](http://betternotstop.com/hannah-cox)**

Buy yourself a lovely new notebook and pen and get writing. You can start small by just writing three things you are happy about that happened that day, or start writing some goals or plans for the year. The beach is the perfect place to give yourself time to dream and journal. Aim to do three things a day while on holiday. This can be as simple as: go to the beach, read a book and head out to dinner.

### 4 Keep your phone out of sight

**Robin Harrie - Mindset Coach and Stress Strategist, [robinharrie.com](http://robinharrie.com)**

Communicate with your clients and colleagues before you leave so they are prepared for your absence and don't forget to set that auto-responder and voicemail. Plan a specific, but flexible itinerary to avoid vague, unstructured time where the temptation to work wins. Plan visits to specific attractions or beauty spots, rather than lounging by the hotel pool with hotel WiFi tantalisingly close by. Also, make sure to leave your phone in the hotel safe when you go out; your partner or friends can take photos and share them with you later.

### 5 Go for a walk

**Hannah Ellery - Counsellor and CBT Therapist, [clickfortherapy.com/therapists/1213/counselling/avon/bristol/peace+hope+counselling](http://clickfortherapy.com/therapists/1213/counselling/avon/bristol/peace+hope+counselling)**

When on holiday, I like to try to write down what the plans are for the day or write a mood chart. For example, if I am not feeling as upbeat or energised, I would try to keep physical activities low, so maybe go for a 10 to 15 minute walk or meditate with some relaxation music and deep breathing exercises.

### 6 Reconnect

**Geraldine Joaqui - Hypnotherapist, [questhypnotherapy.co.uk](http://questhypnotherapy.co.uk)**

Recognise the importance of your holiday as a time to renew bonds with family (over the usual fleeting hellos/goodbyes of rushing to and from work/school), and to recharge your own batteries. We are so used to filling every single moment with 'busy-ness' that it can feel strange to simply do nothing. But that 'nothing' can re-orient yourself back to the present – so many of us live with our focus on what we have done, and what we have to get done, rather than on the here and now. So, get your head in the right place before you get on the plane, don't get on it feeling resentful that you are losing 'important' time.



## The Four Pillars To Get The Most Out Of Your Holiday

### 1 Maintain a balanced diet

**Bridget Benelam - Nutrition Communication Manager, [nutrition.org.uk](https://www.nutrition.org.uk)**

A good diet is important for our health and can help us feel our best. No single food contains all the essential nutrients the body needs to stay healthy, so our diets should contain a variety of different foods. Your diet should be balanced with the main food groups, with meals based on starchy foods like rice and pasta, plenty of fruit and vegetables and some dairy and other protein rich foods such as beans, pulses, fish, eggs and meat.

### 2 Be active and stay hydrated

**Joanne Porter - British Military Fitness, [britmilfit.com](https://www.britmilfit.com)**

It's important to rehydrate first if you've had a long commute after work or are in a hotter climate. It's also vital to warm up gradually if you've been sat at a desk, in a car or on a plane all day. Then, hit the park to do an outdoor fitness class or go exploring on foot in your holiday setting. Nothing beats being active in the fresh air for working up an appetite, clearing your head and investing in your health.

### 3 Top up your vitamin intake

**Pollyana Hale - Health and Beauty Therapist, [thefitnumformula.com](https://www.thefitnumformula.com)**

Cooking is a relaxing and creative way to wind down and fresh food will get you feeling and looking good for your holiday. Some foods actually have stress busting properties themselves. Vitamins B and C get depleted under stress, so top them up with meat, wholegrains, red peppers and citrus fruits. Magnesium helps with relaxation and can be found in nuts, seeds, and dark chocolate. Omega 3 oils are fantastic for all areas of brain health including stress management, so make some tasty salmon or mackerel dishes to top up your stores.

### 4 Enjoy the meals that you eat

**Pixie Turner - MSc Nutritionist, [plantbased-pixie.com](https://www.plantbased-pixie.com)**

Try not to overthink what you're eating. Eating on holiday will always be different from home, but make eating for pleasure your number one priority, and add in a vegetable side dish if needed. Listen to your body and avoid overeating by stopping when you're full, even if there's still food on your plate. This approach is much easier with an a la carte menu rather than a buffet, and you can always ask to take leftovers home.

### 5 Make food with love

**Mollie Millington - Personal Trainer, [ptmollie.com](https://www.ptmollie.com)**

Before going on holiday, try the local cuisine to your destination and keep it simple with just a starter or side dish. Stay offline while cooking (no TV, phone or computer) and put on music that makes you happy. Food made with love will give your body a different kind of nutrition. Finally, make twice as much so you have leftovers for lunch the next day.

### 6 Try not to stray from your food routine

**Charlotte Stirling-Reed - Nutrition Consultant, [srnutrition.co.uk](https://www.srnutrition.co.uk)**

It can be tempting to skip meals on holiday but this may end up with you eating more of those high calorie foods throughout the day. Instead stick to your usual meal routine to help keep you full and ensure you're getting plenty of nutrients. Don't forget about fibre - keeping your digestive system healthy can be hard for some people on holiday. Try to keep a similar diet as well as eating regularly and making sure you're getting plenty of fibre from wholegrains and plenty of fruit and vegetables.