

Hill Top Health & Wellness

monthly newsletter December 2022



"Burn Out"

As we approach the end of the year, people are feeling exhausted, stressed and just plain burnt out!

. The rising cost of living is really taking a toll on many.

Symptoms & ongoing effects:

- High blood pressure
- Extreme physical and/or emotional exhaustion
- Defensive coping (e.g. cynicism, changes in attitudes, anger and irritable)
- Using food, drugs or alcohol to cope
- Depersonalisation, feeling detached from life and ability to control life
- Feeling a lack of personal accomplishment, inefficiency, emotional distance
- Difficulty concentrating, feeling listless and lack creativity, loss of motivation, reduced performance
- Unexplained gastrointestinal problems or stomach pain, headaches
- Insomnia

How to reduce the effects:

- Decrease workload or delegate
- Ensure regular breaks, ideally away from your desk
- Improve work-life balance
- Regular physical activity & balanced nutrition (Avoid processed and junk foods)
- Nurture hobbies and other personal interests
- Engage in relaxing activities & spend time outdoors
- Seek help from a professional

See Lainie McTackett for A herbal mix to assist with stress adaptation, improve energy, mental clarity and mood.





Recipe of the month

Rainbow Salad



Eating the rainbow, provides all the nutrients, and antioxidants we need for assisting our bodies to cope with stress & fatigue.

INGREDIENTS

- 2 x green veg (ie: kale, lettuce, baby spinach, basil, broccoli, celery, avocado, cabbage)
- 1 x orange veg (ie: carrot)
- 1 x red vegetable (ie: tomato, radish, peppers)
- 1 x yellow vegetable (ie: pepper, corn)
- Add a small palm size portion of protein (ie: chicken, salmon, feta, egg, tuna, chickpeas)
- Mix olive oil with balsamic, or lemon juice to create a dressing
- Sprinkle your salad with nuts or seeds (ie: sesame, pumpkin, pepitas, walnuts)

Chop everything finely and either arrange neatly or mix through.

Bon Appetite!





The Garden in December



Cool Climate

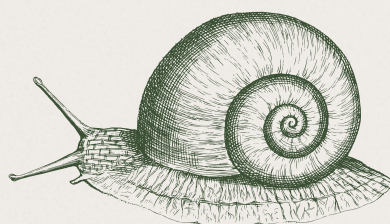
- It's not too late to pop these into the herb patch: dill, basil, chives, parsley, rosemary, pyrethrum, sage and thyme. Pop some mint into a couple of pots – good to grow now but it can take over
- Add some of these highly productive plants to your patch this month; carrots, cucumber, eggplants, lettuce, french beans, leeks, pumpkins, silverbeet, squash, sweet corn and zucchini.
- MULCH MULCH MULCH, it's so important to keep your plants roots from drying out.
- Give the gift that keeps on giving. A productive pot plant! Or some seeds!

Temperate Climate

- It is pretty warm, so if you are heading away for a while, it's probably best to avoid planting at this stage. If you are hanging around at home, why not try some of these favourites; silverbeet, lettuce, leek, beans, corn, squash (summer), leek, eggplants, beetroot, carrots, chilli, cucumber, pumpkin and zucchini.

Warm Climate

- It's pretty warm, and fairly humid this month, but there are a few things you could still pop into the patch. You can put in some capsicum, chilli, eggplant, carrots, lettuce, tomatoes and zucchini.
- Too hot for most herbs, but you could try some lemongrass.
- Plants feel the need for a feed at this time of year. A seaweed tea or low environmental impact liquid fertiliser is perfect, especially for the seedlings put in during November. They are probably in need of a bit of a feed by now. Apply to the soil early in the morning, and in the concentrations mentioned on the packet.



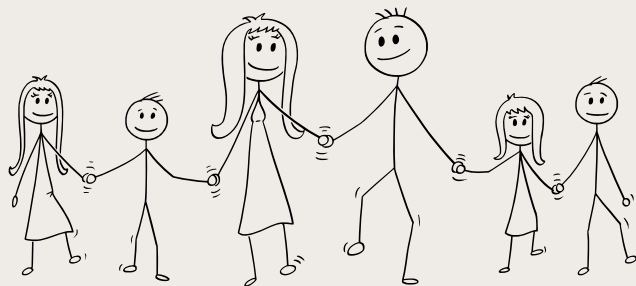


Hill Top Health & Wellness

will be closing on 24th December
and

re-opening on Wednesday 4th January 2023

Enjoy your family and
friends over the holidays.



Rest, recover, stay healthy!

Enjoy some down time, give me some colour!

