

Health & Wellness

by OHG

During this season of warmth and togetherness, we want to express our deepest gratitude for allowing us to be a part of your health journey. As the year draws to a close, may this Holiday Season bring you moments of joy, and may the New Year unfold with health, love, hope, and moments of peace. Here is to continuing to share in the journey of well-being in the coming year.

Merry Christmas,
Karen, Mark & the OHG Team

This Holiday Season, Give the Gift of Health



The holidays can be quite busy and often stressful. It is important to keep not only your health, but your loved ones' health at its best.

Ottawa Health Group gift certificates will make the perfect gifts for those looking to improve their or their loved ones' health through massage therapy, physiotherapy, chiropractic, or even our line of nutraceuticals.



Tips to a Stress Free Holiday Season



Each year we feel a mix of joy and anxiety when we approach the days before the holidays. The holidays can bring stress starting in November and go straight through until the new year. We experience a combination of stressors related to financial costs of the holidays, family coming to stay and the conflicts it may bring, and the stress of trying to have the perfect meal and holiday all together. If you're one of those people who feel the pressure of the holidays, here are 4 tips to help feel balanced, happy and stress-free:

Remember what the holidays are really about. Spending quality time with family, friends and loved ones. It's about giving love and joy to others. Watch your expectations; make sure they are realistic. We try for perfection during the holidays and we tend to forget what the holidays are really about.

Take care of you. During the busy holiday season, we forget about ourselves. We worry so much about setting a nice table; buying and cooking the food; decorating the house; buying the presents; etc., we forget to take a time out and spend some quiet time alone. Yes, it's the season of giving to others, but make sure to put yourself on your priority list and put yourself high up on the list.

Ask for help. There is no reason why you have to do everything on your own. Delegate this holiday season. Ask each person who is coming to prepare a dish or a dessert. Don't feel guilty about it. Each year have everyone make it a point to help each other so everyone can enjoy the holidays. Delegate the clean up from the dishes to vacuuming the house. If everyone chips in, it won't be so bad.

Watch the signs. Listen to your body. If you are noticing any of the following signs then it's time to make changes:


- Change in sleeping habits
- Change in eating habits
- Feeling irritable, moody and unhappy
- Exhaustion and fatigue
- Panic attack symptoms like dizziness, heavy chest, heart racing, headache, feeling nauseous, hot and cold flashes
- Physical signs such as headaches, stomachaches, joint pain and low immune system (catching frequent colds and illnesses).

These symptoms are all warning signs of too much stress and anxiety in our life. This is a sign to slow down and take a time out.



May your holidays be as straight as your spine after a chiropractic adjustment, and may your New Year's resolutions have better posture than ever!

Here's to a season full of good health, happiness, laughter & all the adjustments for a fantastic start to the New Year!

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