

Refresh, Reconnect & Reboot!

Five ways to a healthier, happier you in 2015.



PARENTING — ESPECIALLY OF smaller children — is a full-time job. You're on-call 24/7 but that doesn't mean every day has to be all work and no play!

MENTAL
Find some time to read every evening

Make some time for yourself and read a book chosen by you, for you. That's right. A real book, with small print and grown-up ideas.

After the kids are in bed, instead of turning on the TV, relax with a good book instead. Not only will avoiding the use of electronics for an hour before your own bedtime help improve your sleep, neuroscientists have found that the act of reading can induce positive changes in brain circuitry!

ROMANCE
Go on a date ... with your spouse

It might seem like you have your hands full dealing with the demands of your children, but that doesn't mean you

should neglect your spouse.

Date night can be as simple as going for a short walk in the evening — the important thing is to make the time, put it on your calendar, and make it the most important appointment you have. If the kids are still young or if you can't find a babysitter, consider having an in-house date. After the kids have gone to bed, turn off the TV, put away your mobile phones, pour a glass of wine or a cup of chamomile tea and have a quiet chat — just the two of you.

FUN
Pick up a new hobby
Perhaps you've always wanted to learn a new language, for that trip abroad that you've been meaning to take.

Or you want to learn how to cook your family's favourite dishes. Shake things up by getting started on a hobby — trying something new with your family makes it less daunting and more fun.

Learning as a family means you always have someone to practise with. What's more, going through the various challenges and hurdles together will create a natural bond between all of you, and will ensure that there's plenty to talk about over the family dinner!

HEALTH
Create a family workout
Bust stress, get fit and sleep better — not only

is more exercise good for you, doing it together as a family can bring you closer and lets you set a healthy example for your children. That's why one great New Year resolution is to create a regular family workout that can be done by all of you.

It can be as simple as signing up for a fitness class together — even babies can get in on the fun at a Mum and Babes yoga class. Or perhaps you can learn a new sport together — go for a run, a bike ride or even a swim! Just make sure you set aside some time each week to make it a habit.

COMMUNITY
Volunteer with your children
Children learn best by following examples. Show your kids the value of generosity, compassion and kindness by volunteering your time for a worthy cause. Not only does volunteering build community, it will also benefit your children. Volunteering boosts a child's psychological, social and intellectual development, increases self-esteem and promotes responsible behaviour.

Pick a cause that interests your children. If they love pets, perhaps you can volunteer together at the SPCA. There are plenty of worthy causes out there — visit www.sgcares.org for more info. ♥

