

# Silly Season

**We share some tips to help you to stay on track with your good habits when the celebrations roll in.**

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As fun as the end of the year is, we all know how challenging it can be for our health. The numerous parties, excessive drinking, and seemingly endless supply of rich foods can all seem too much to resist, and can threaten to undo all of our hard work throughout the year.

But it's for this very reason that it becomes all the more important to stick to our habits, especially when things start to get a bit haphazard.

## What do we cover?

### How to stay healthy in the silly season

A practical guide to addressing all parts of your physical and mental health while still having fun.

- Stress
- Exercise
- Sleep
- Eating well
- Snacking
- Alcohol

### What is a hangover?

A breakdown of the mechanisms and causes of the dreaded hangover.

### Hangover cures

We look at what science has to say about how to cure a hangover.