



DVA.

2024

Has been a wild
ride for many...

... let's
celebrate the
highs and lows
as we transition
into the holiday
mode

Holidays are a perfect opportunity to decompress

REFLECT

on the year so that you can get a blue-sky perspective for 2025.

RESET

- Let your clients and colleagues know you're unavailable during the holidays
- Dedicate time to activities you enjoy - reading, swimming, hiking, etc.
- Get creative and try something new - paint, write, flower arrange to help channel your thoughts
- Say no to things and protect your time
- Enjoy your downtime without the thought of work looming

Fully embrace the holiday spirit and nurture yourself and your relationships.

'Self-reflection is the gateway to freedom of the mind...'



Spiced Cranberry Bourbon Punch

Enjoy a delightful Christmas cocktail perfect for holiday parties or relaxing evenings.



Ingredients:

- 2 cups cranberry juice
- 1 cup bourbon
- 1 cup apple cider
- ½ cup orange juice
- ¼ cup maple syrup (to taste)
- 2 cinnamon sticks
- 3-4 whole cloves

Garnish with orange slices, cranberries, and rosemary sprigs

Instructions:

Simmer ingredients in a saucepan over medium heat for 10-15 minutes. Do not let it boil.

Strain and serve warm, garnished with orange slices, cranberries, and a rosemary sprig.

Instructions (Over Ice):

In a large jug, combine all the ingredients (without heating).

Stir well and let it chill in the fridge for at least an hour.

Serve over ice, garnished with orange slices, cranberries, and a rosemary sprig.

This cocktail is perfect for spreading holiday cheer!

Enjoy some inspiring holiday reads

Energy - Lisa O'Neill

Get it. Guard it. Give it.

Hidden potential - Adam Grant

Find a more joyful path to progress.

Top 5 regrets of the dying - Bronnie Ware

A life transformed by the dearly departing.

Ikigai - Hector Garcia

The Japanese secret to a long and happy life.

Wise words from David Attenborough

- by Harper by design

Smart and inspiring life advice and quotes from an environmental icon.



Inspiring podcasts to binge

Diary of a CEO

Remarkable stories of the world's most influential people, experts and thinkers.

The imperfects

Wisdom and vulnerability on imperfection.

Huberman Lab

How our brain and its connections control our perceptions, behaviours and health.

Mix up the family gathering this year!

1. **DIY gifts only.** Pour love (not cash) into secret Santa this year.
2. **Invite someone who's never joined you before.** A lonely neighbour, family friend, expat, or neighbourhood dog.
3. **Run a mystery gift auction.** Give play money to attendees to bid on wrapped gifts. Gifts remain anonymous until they are bid on, won and opened.
4. **Delegate a dinner course to the kids.** Maybe not the Turkey... but something to get them involved and take the pressure off.
5. **Create a new tradition.** Minimise overindulgence with family karaoke, cornhole or cricket.



You can replace things, but you can't buy TIME

Get back to basics or exit your comfort zone with these simple pastimes that can increase longevity.

Practise forest bathing (shinrin-yoku)

Due to phytoncides released by trees, spending time in nature, especially in forests, can reduce stress and improve wellness.

Cold water immersion

This can stimulate blood circulation, improve mood, and boost metabolism, which may support overall health and resilience.

Sauna sessions

Regular sauna use is associated with improved circulation and cardiovascular health, and a lower risk of heart disease.

Ground yourself

Walking barefoot on the earth is said to reduce inflammation and improve sleep, due to connecting with the Earth's electrons.

Nurture a purpose

A strong sense of purpose or ikigai (a Japanese concept) has been linked to lower mortality rates and improved mental health.

Build a new habit these holidays!

Fun and engaging ways to spend time together

ADVENTURE

Take a path untravelled, on foot, on a bike or with a motor vehicle.

Make it a scavenger hunt or create a photographic journal... Record the highlights along the way to create lasting memories.



RANDOM ACT OF KINDNESS

Is someone in your neighbourhood spending the festive season alone or missing out on fun activities?

Invite them to join you for a meal or participate in your holiday activities.

NEW YEAR'S RESOLUTION BOARD

Create a family resolution board where everyone sets intentions for the new year.

Keep it visual and hold each other accountable as the year progresses.



Blend the spirit of the holidays with family fun and activities for everyone.

Get smart for the New Year

Reflect on achievements and improvement opportunities for the year ahead – so you can set some SMART goals.



A goal that's not SMART

"I want to save money for a family holiday."

A SMART Goal

"I will save <set amount> each month, for the next 12 months by cutting back on coffee, dining out and unnecessary subscriptions so we can holiday in <location> as a family next October."

This goal is Specific (saving a set amount per month), Measurable (the amount and timeframe), Achievable (attainable through cutting specific expenses), Relevant (everyone wants a holiday!), and Time-bound (by next October).

With SMART goals, you have the power to create a fulfilling and impactful year ahead!



Ingredients

- 1 cup chocolate
(dark or milk chocolate)
- 1 cup white chocolate
- 1/2 teaspoon peppermint essence
- 1/2 cup crushed candy canes

Peppermint bark

A delicious festive treat, perfect for enjoying with family and friends this Christmas!

Instructions:

1. Line a baking sheet with baking paper.
2. Break the dark chocolate into pieces. Melt in the microwave or over a double boiler, then add $\frac{1}{4}$ teaspoon peppermint essence and stir.
3. Pour the melted chocolate onto the prepared baking sheet and use a spatula to spread it into an even layer. Refrigerate until firm.
4. Melt the white chocolate the same way and add the remaining $\frac{1}{4}$ teaspoon of peppermint extract and stir.
5. Pour the melted white chocolate over the top of the dark chocolate and spread evenly. Sprinkle the crushed candy canes evenly over the white chocolate layer.
6. Refrigerate for 1 hour, or until both chocolate layers are fully set, then break into pieces.

Enjoy!



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Let's sow
the seeds for
growth in the
New Year &
thrive in...

DVA.

20

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From
our team
to yours,
enjoy a happy,
safe and
relaxing holiday
break.