

## And so this is Christmas...

The art of slowing down to  
support healing and  
wellbeing

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While Christmas is a time to  
gather, remember and celebrate,  
the festive season often brings  
with it many emotional stressors  
too.

A rollercoaster of joys and  
pressures, togetherness but  
sometimes loneliness, busyness  
when we'd rather be resting.

I was watching a beautiful  
Netflix series this week called  
the Blue Zones. The areas of the  
world where people live healthy,  
meaningful and vibrant lives well  
into their 100s



<https://www.youtube.com/watch?v=it-8MIm29bl>

And watching these people go  
about their daily lives, it helps to  
reaffirm how so much of our  
health and longevity is really  
about enjoying the simple  
things in good company.

Slowing down and connecting  
to what gives life meaning and  
purpose. Getting off digital and  
out into nature. Eating good  
simple food, and enjoying  
laughter, dancing and  
connection.

We don't need all the trappings  
of modern society to be happy.  
People thrive on simplicity and  
connection. We need to

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# Summer Newsletter 2025

## Festive Season Top Tips

As we approach the end of another year we tend to start preparing for holidays, Christmas festivities, end of school year and deadlines before everything shuts down for a couple of weeks.

Add to this: family get-togethers, work Christmas parties gift shopping and the BIG shop for food leading up to THE day.

For every person that looks forward to this, there is another that doesn't – without a doubt whether we consider this time of the year positively or negatively or a bit of both, it puts us under stress or load, and this tends to make those niggles more noticeable, if there is pain, it tends to be felt more, if there is muscle tension there will be more of it, if sleep quality is an issue –people often notice its worse.... In other words the “cracks” show just a little more or more easily.

Consider getting a chiropractic check up to help you adapt better, whether you are thinking of better body balance, relieving tension or muscle tightness, or just for some “you” time to offset the busyness.

### So my tips:

#### 1 Prioritise rest periods.

Yes it's busy. Rest is when we physically, mentally and emotionally recover. When there is a lot on we tend to push to get through the list. Do something different. Balance the busyness with some slow time, whatever that may be for you. In other words do let the bath-tub empty. Better still, make this something that becomes part of your daily routine. Maybe this could be a new year's resolution?

#### 2 Make a list.

Better on paper than in your head. Allows for better organization and helps keep track of what needs to be done. Before going out shopping, check the list twice – saves a second trip. Did you know that when under greater stress, we naturally shunt blood from our thinking brain to our more primitive brain that runs our “flight or fight. It's part of the reason people may experience brain fog and “forgetting” things. Of course, if this is happening it's even harder to get through the busyness.

remember the art of slowing down and remembering at our core, we are human beings, not human doings.

So this Christmas season, perhaps giving ourselves permission to slow

down, whenever possible, will help create room for more of what we enjoy.

Joyeux Noël  
Belinda

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For those who love a good movie, here's a selection that celebrate the art of slowing down and living the good life:

- Find Me Falling
- Made in Italy
- Toscana
- Fisherman's Friends
- Mango

Belinda is available for appointments from early February, 2026.

You are welcome to book online:  
<https://queanbeyanacupuncture.com.au/>

## Contact Us

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### 3 When shopping...

Carry your shopping evenly between arms. Make more than one trip to the car to spread the load. Ask for help. Use your legs and core muscles and lift straight! Avoid bending, twisting AND lifting. Your lower back is most vulnerable combining all three movements.

### 4 Travelling

Whether it is a trip to the coast by road (2-3 hours) or somewhere else it's generally recommended to rest every 2 hours. I tend to recommend shorter – every hour. I know it's a balance between getting there and stopping. Our brains when needing to concentrate work in a high energy state called Beta. The trouble is this can't be maintained for long periods without fatigue. This means you need to rest from the high energy demand of concentrating. Keep in mind your brain isn't just running things like attention, scanning for wildlife on the sides of the road, other cars on the road, potentially doing stupid things. Your brain is also running the muscles that hold good posture, muscle that may get tense driving, and all of your other living processes. Think about when you were at high school – most lessons were about 50 minutes and then you would walk to the next lesson (a break). That's because beyond this time, performance declines. Sitting in the car doing the same thing for a couple of hours is no different - we feel it mentally as well as physically. A break doesn't need to be long.... Stop, get out of the car and walk a bit, do some gentle stretching and let your gaze drift to the distance – then go on your way and potentially arrive more refreshed and less stiff.

Queanbeyan Chiropractic Hours over the festive season:

**Closed between Mon 22<sup>nd</sup> December 2025 and Mon February 2<sup>nd</sup> 2026**

**Reopen 7.30am Tues 3<sup>rd</sup> February 2026**

P.S.H. Therapy :

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[Leonardo Itheme](#) [Unsplash](#)

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## Acupuncture



Queanbeyan Acupuncture would like to wish everyone a wonderful festive season.

We will be closed from Wednesday 24th December reopening Saturday January 3rd 2026.

There will be another break scheduled from January 23rd returning Monday February 2nd 2026. 2026 will bring the Year of the Fire Horse which will bring energy and action. Plans made in 2025 should come to fruition in 2026.