



The 12 Days of **WELLNESS**

CHRISTMAS 2025



WELLNESS brought to you by ESS

- HEALTHIER MIND
- HEALTHIER FOOD
- HEALTHIER BODY
- HEALTHIER WORLD

WELCOME TO 12 DAYS OF WELLNESS



As the festive season approaches, we're reminded that there's more to be thankful for than gifts and glitter. This is a time for connection, kindness and the small choices we make every day.

This year, our **12 Days of Wellness** magazine invites you to embrace the holidays with a spirit of wellbeing, creating joy that nourishes both ourselves and the world around us.

Across these pages, you'll find practical ways to care for your body, mind and community—from inclusive recipes and mindful moments to sustainable traditions and acts of giving. Each day offers a gentle nudge towards healthier habits and a more positive impact, whether it's sharing gratitude, supporting local causes or making eco-friendly swaps that help protect our planet.

Wellness is a collective journey. When we choose to look after ourselves, we're better able to support those around us, and the stories and tips in this edition show how small, purposeful actions can ripple outward, strengthening connections to make a real difference.

As you gather with loved ones, take a moment to pause, reflect and celebrate the power of kindness. Let's make this festive season one of joy, inclusion and lasting impact.

Warm festive wishes,

A handwritten signature in cursive script that reads "Jess".

Jess Payne
Director of Social Value, Compass One



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On the First Day of Wellness,
Our Healthier Food pillar gave to me...

A FEAST THAT FUELS ALL

The festive season is a time for celebration, indulgence and sharing meals with friends and family, but enjoying the holidays doesn't mean compromising on health or inclusivity.

With a few mindful tweaks, you can create a Christmas feast that is nutritious, delicious and welcoming to everyone—including those with dietary needs like gluten-free, dairy-free or vegetarian.

Why a nourishing feast matters

- **Supports energy:** Balanced meals fuel your body and help keep spirits high throughout the busy celebrations.
- **Inclusive:** Catering for different dietary needs ensures everyone feels included and cared for.
- **Enjoyment without guilt:** Nutritious twists allow you to savour festive flavours while staying aligned with your wellness goals.

Festive recipes with a nutritious and inclusive twist

Gluten-free Christmas pudding:
Made with almond or oat flour and natural sweeteners for a classic festive dessert that everyone can enjoy.

Roasted vegetables with herbs:
Colourful, seasonal veg drizzled with olive oil are packed with vitamins and fibre.

Lean protein options:
Use turkey, chicken, fish or plant-based alternatives that are flavourful and satisfying.

Lightened creamy sauces:
Swap cream with Greek yoghurt or blended nuts for indulgence without excess fat.

Festive salads:
Seasonal fruits, nuts and greens add colour, texture and nutrients to your table.

A feast that feels good

Creating a feast that fuels everyone is about celebrating flavour, health and inclusivity. With simple swaps and thoughtful choices, you can enjoy the indulgence of Christmas while supporting your wellbeing. Everyone leaves the table happy, satisfied and energised.



The heaviest turkey on record weighed a whopping 39kg!
Named Tyson, it weighed the same as a Labrador Retriever and was displayed at a London Christmas show in 1989.¹



LET THEM EAT CAKE



Tom Lannary
Marketing Director – ESS

One of the few Christmas traditions I have become an expert at over the past decade has been baking Christmas cakes. The not-so-secret part of the recipe has been getting the balance of the cake right, the ratio of dried fruit to cake batter to booze—although some may say, I'm a little heavy-handed with alcohol.

This year, I had the added complication of making it gluten-free after developing an intolerance to gluten. I've tried different flours, raising agents and texturisers to try and recreate my traditional recipe—and I think I've done a pretty good job.

Ingredients

- 200g glacé cherries
- 200g mixed peel
- 400g sultanas
- 250g raisins
- 250g currants
- 400ml brandy, Calvados or Cointreau (or any mix of these)
- 2 oranges (zest only)
- 1½ tsp mixed spice
- ½ tsp ground cinnamon
- ½ tsp ground ginger
- 250g butter
- 125g soft brown sugar

- 125g muscovado sugar
- 4 large eggs
- 1 tbsp treacle
- 75g sliced blanched almonds
- 275g plain gluten free flour
- 1 tsp baking powder
- 1 tsp xanthan gum
- 700g icing sugar
- 3 large eggs (whites only)
- 3 tsp lemon juice
- 1½ tsp glycerine
- 3 tbsp apricot jam
- 750g marzipan

Equipment

- Colander
- Kitchen towel
- Knife
- Chopping board
- Medium sauce pan
- Medium bowl
- 20cm loose bottom cake tin
- Baking parchment/greaseproof paper
- Large mixing bowl
- Rolling pin
- Whisk
- Piping bag (optional)

Method

1 Prepare the fruit:

- Rinse the glacé cherries to remove the glaze and blot the excess water with kitchen towel. Cut each cherry in half and add to a saucepan with all the other fruit and orange zest.
- Add half the alcohol (the rest is for 'feeding' the cake once cooked and before icing). Heat gently until it comes to the boil, then turn off the heat and leave to stand. Once cool, transfer to a bowl, cover, and leave to macerate for three days, stirring daily.

2 Make the cake:

- Preheat the oven to 140°C (120°C fan).
- Butter a 20 cm loose-bottom deep cake tin and line with baking parchment. Butter this and repeat the process so you have a double lining.
- In a large mixing bowl, cream the butter with the sugars and spices. Add the treacle and eggs and continue to mix.

- Roughly chop the almonds and add them to the flour and baking powder and continue to mix to combine.
- Add the macerated fruit, which should have absorbed all the alcohol, and mix to combine. Once all the ingredients have combined, sprinkle the xanthan gum over and gently fold into the mix. Overworking this mix now or adding the xanthan gum too early turns the mix into something with the texture of chewing gum.
- Transfer to the tin and bake for 3½–4 hours or until a skewer comes out clean.
- Allow to cool in the tin for 1 hour, then remove, but keep the baking parchment in place.
- When completely cool, pierce the cake and pour over some of the remaining alcohol. Wrap the cake in parchment paper and continue to add more alcohol every 3 days until the alcohol is used up.

3 Decorate the cake:

- Warm the apricot jam and spread over the top and sides of the cake.
- Roll out the marzipan (check it's gluten-free, as some commercial varieties contain glucose syrup from wheat) to 7–8mm thick. Cut a circle for the top of the cake, then reroll the remainder to form a collar around the cake.
- For the royal icing, beat the egg whites gently in a bowl until frothy. Add the sieved icing sugar 1 tablespoon at a time, mixing to combine. Once all icing sugar has been added, add glycerine and lemon juice and beat until it reaches stiff peaks.
- Spoon or pipe the icing over the cake, decorate and leave to dry for 3 days before transferring to an airtight container.

So, on this First Day of Wellness, gather around the table and sing:

**A feast that fuels all...
And a healthier me for the new year!**

On the Second Day of Wellness,
Our Healthier Food pillar gave to me...

TWO SMART SWAPS

The festive season is all about enjoyment, but it's also a time when rich, creamy and sugary dishes can easily tip us away from our wellbeing goals.

The good news

You don't have to miss out on Christmas favourites; a few simple switches can make a big difference to how you feel.



Why smart swaps matter

Food is at the heart of celebration, connection and comfort.

By making mindful choices, you can enjoy the indulgence of Christmas without compromising your health. Each swap helps you bring balance to your plate while keeping festive cheer alive.

The average person in the UK consumes around 6,000Kcal on Christmas Day.

That's three times more than the recommended amount!¹



Celebrate without compromise

The joy of the holidays is about balance, indulging mindfully, sharing good food and feeling energised for the year ahead. With just two smart swaps, you can honour our Healthier Food pillar and enjoy a Christmas that's both delicious and nourishing.

On this Second Day of Wellness, join us in raising a glass of sparkling citrus water to healthier choices that still sparkle with festive spirit.

Two smart swaps for a healthier Christmas



SWAP 1: Roasted veg instead of creamy sides

Traditional creamy potato bakes and buttery sides can be heavy. Instead, try colourful trays of roasted carrots, parsnips and Brussels sprouts with herbs and a drizzle of olive oil. You'll get vibrant flavour, crunch and a boost of vitamins and minerals—all with less saturated fat.



SWAP 2: Sparkling water with citrus instead of fizzy drinks

Instead of sugary sodas or mixers, opt for sparkling water with slices of orange, lemon or fresh cranberries. It looks festive, keeps you refreshed and helps you cut back on hidden sugars, all while staying hydrated.



So, on this Second Day of Wellness, join us in singing:

**Two smart swaps...
And a healthier me for the new year!**

On the Third Day of Wellness;
Our Healthier Food pillar gave to me...

THREE SEASONAL SUPERFOODS

The festive season brings an abundance of flavours, colours and ingredients, but some foods are more than just tasty—they're nutritional powerhouses.



Highlighting seasonal superfoods helps you enjoy the season while boosting your energy and immunity when you need it most.



Energise your festive table

These three seasonal superfoods show that Christmas meals don't have to be heavy or overly indulgent to be enjoyable. Incorporating nutrient-rich ingredients can boost energy, support wellbeing and keep your festive table both delicious and nourishing.

Why seasonal superfoods matter

- **Boost immunity:** Winter ingredients like Brussels sprouts and cranberries are rich in vitamins and antioxidants.
- **Support energy:** Nutrient-dense foods keep you fuelled for festivities, family time and seasonal activities.
- **Celebrate seasonality:** Eating in-season is sustainable, fresh and packed with flavour.

Three superfoods to spotlight

Cranberries: High in vitamin C and antioxidants, they can be added to salads, roasted veg or baked desserts for a tangy, festive twist.

Chestnuts: Rich in fibre and B vitamins, roasted or added to stuffing, soups or desserts, they provide a slow-release energy boost.

Brussels sprouts: Full of vitamins K and C, folate and fibre, they're perfect roasted with a drizzle of olive oil. Toss with a sprinkle of chestnuts and cranberries for extra festive flair.

Simple ways to enjoy superfoods

- Mix cranberries into morning porridge or yoghurt for a nutrient-packed start to the day.
- Roast Brussels sprouts with herbs as a side dish for your festive dinner.
- Combine chestnuts with roasted vegetables or salads for a nutty, festive twist.

The largest Brussels sprout ever grown weighed 8.3 kg, more than twice the weight of a typical newborn baby! It was cultivated by Bernard Lavery in Wales in 1992.¹



MAPLE GLAZED BRUSSELS SPROUTS WITH CRANBERRIES & CHESTNUTS



Lee Brooking
Group Executive Chef – ESS

This dish brings out the best in Brussels sprouts: sweet, nutty and full of festive flavour. The maple glaze gives them a beautiful caramelised finish, while the cranberries and chestnuts add a perfect balance of tartness and crunch.

Serves: 4–6

Prep Time: 10 min | **Cook Time:** 20 min | **Total:** 30 min

Ingredients

- 500g (1 lb) Brussels sprouts, trimmed and halved
- 2 tbsp olive oil or unsalted butter
- 1 small red onion, finely sliced
- 100g (3.5 oz) cooked chestnuts, roughly chopped
- 75g (2.5 oz) dried cranberries (or fresh, if available)
- 1 tbsp balsamic vinegar
- 2 tbsp maple syrup or honey
- Salt and freshly ground black pepper, to taste

Equipment

- Large saucepan
- Large frying pan or wok
- Chopping board
- Knife
- Bowl
- Festive serving dish

Method

1 Blanch the Brussels sprouts:

- Bring a large pot of salted water to a boil.
- Add the Brussels sprouts and cook for 3–4 minutes, until just tender but still bright green.
- Drain well and immediately plunge into cold water to stop cooking. Drain again and pat dry.

2 Sauté the onion:

- In a large frying pan, heat the olive oil (or butter) over medium heat.
- Add the red onion and cook for 3–4 minutes, until softened and slightly caramelised.

3 Add the sprouts:

- Increase the heat to medium-high and add the blanched Brussels sprouts to the skillet.
- Cook for 5–6 minutes, stirring occasionally, until the edges start to caramelise and turn golden.

4 Mix in the flavour magic:

- Add the chopped chestnuts and cranberries to the onions and sprouts.
- Stir in the balsamic vinegar and maple syrup.
- Season with salt and pepper, and toss everything together until glossy and well combined.
- Cook for another 2–3 minutes to let the flavours meld.

5 Finish and serve:

- Serve warm as a festive side dish—it pairs beautifully with roast turkey, ham or nut roast.



Chef's Tips

- For extra richness, add a knob of butter just before serving.
- A sprinkle of toasted pecans or almonds adds a lovely crunch and contrast.
- If you want a deeper flavour, roast the Brussels sprouts in the oven at 200°C (400°F) for 20 minutes before tossing them with the cranberries and chestnuts in the pan.

So, on this Third Day of Wellness, celebrate nature's bounty and sing:

*Three seasonal superfoods...
And a healthier me for the new year!*

*On the Fourth Day of Wellness,
Our Healthier Mind pillar gave to me...*

FOUR MOMENTS OF GRATITUDE

The festive season can be joyful, but it can also feel overwhelming.

Busy schedules, gift lists and the pressure to 'make it perfect' often leave little time to pause. That's where gratitude comes in. Taking a few moments each day to reflect on what you're thankful for can ease stress, lift your mood and bring more meaning to the celebrations.



Why gratitude matters

Practising gratitude has been shown to improve mental wellbeing, increase resilience and strengthen relationships. It shifts our attention away from what's missing or stressful and towards the positives we might otherwise overlook.

Over Christmas, gratitude helps us savour the small things: laughter around the dinner table, a warm hug or even a quiet cup of tea.

Swap counting sheep for counting blessings. Jotting down what you're grateful for before bed can help you sleep better—a festive fix after those late-night Christmas shenanigans.³

The first commercial Christmas card, created in London in 1843, wasn't just about Christmas greetings. It was designed to thank friends and family for their kindness throughout the year.¹





In a YouGov survey, 35% of Britons said that 'spending time with loved ones' is what they like most about Christmas, suggesting that connection and appreciation often top material gifts.²



Making it a habit

Gratitude doesn't need to take more than a minute or two, yet those moments can completely transform your outlook. Over the festive period, challenge yourself to find four moments of gratitude each day

and see how it lightens the season, replacing stress with joy. You might even continue the habit into January. This Christmas, let's celebrate not just with gifts, but with thankfulness—a gift to ourselves and those around us.



Four simple moments of gratitude

Morning intention:

Start the day by naming one thing you're grateful for before you get out of bed.

Evening reflection:

Write down one thing that went well during the day, no matter how small.

Midday pause:

Take a short break to notice something small but positive: a smile, a festive decoration or a song on the radio.

Shared gratitude:

At a meal or gathering, invite others to share one thing they're thankful for—it spreads positivity and creates connection.

1. Who Sent the First Christmas Card – Greeting Card Association
<https://www.gca.cards/who-sent-the-first-christmas-card/>

2. <https://yougov.co.uk/society/articles/51171-what-do-britons-like-the-most-and-least-about-christmas?utm>

3. Emmons, R. A., & McCullough, M. E. (2003). *Counting blessings versus burdens: An experimental investigation of gratitude and subjective well-being in daily life*. *Journal of Personality and Social Psychology*, 84(2), 377–389.

So, on this Fourth Day of Wellness, let's remember to sing

Four moments of gratitude...
And a healthier me for the new year!

*On the Fifth Day of Wellness,
Our Healthier Mind pillar gave to me...*

FIVE GOLDEN BREATHS

Christmas is a wonderful time of year, but let's be honest—it can also be hectic.



Between shopping, socialising and family gatherings, it's easy to feel pulled in too many directions. That's why pausing for a few mindful breaths can make all the difference.

Why breathing matters

When stress builds, our breathing often becomes shallow and quick, which can increase feelings of tension.

Slow, steady breathing helps calm the nervous system, reduce stress hormones and bring us back into the present moment. It's a simple tool you can use anywhere, and it only takes a minute.

Snowy air lung workout

Breathing in crisp winter air forces your body to warm and humidify the air before it reaches your lungs, a gentle mini workout for your respiratory system.



Five golden breaths exercise

STEP 1: Pause

Find a quiet spot or simply sit where you are.

STEP 2: Inhale

Breathe in slowly through your nose for a count of four.

STEP 3: Hold

Gently hold your breath for a count of two.

STEP 4: Exhale

Breathe out through your mouth for a count of six.

STEP 5: Repeat

Continue this cycle for five deep 'golden' breaths.



Sing your heart out

Singing carols or humming along to festive tunes is a sneaky way to practise controlled breathing, and your lungs get a workout while spreading holiday cheer.



Mulled wine with mindful breaths

Taking a few slow, deep breaths before sipping that festive drink can actually enhance your sense of smell and taste, making cinnamon, cloves and nutmeg even more magical.



A moment of calm in the festive rush

Whether you're waiting in a busy shop queue, sitting at the dinner table or winding down at night, five golden breaths are always with you. Think of them as a pocket-sized wellbeing gift you can give yourself whenever the season feels a little too much.

This festive season, let's pause, breathe, and remember: calm is just a breath away.

So, on this Fifth Day of Wellness, breathe deep and sing:

Five golden breaths...
And a healthier me for the new year!

On the Sixth Day of Wellness,
Our Healthier Mind pillar gave to me...

SIX SILENT NIGHTS

Between late-night wrapping, festive parties and early-morning excitement, sleep can easily be pushed aside at Christmas.

Good quality rest is one of the greatest gifts you can give yourself. Sleep restores energy, lifts your mood, strengthens immunity and helps you stay present for the moments that matter most.



Why sleep matters

When we're short on sleep, our stress levels rise and our focus drops. Over time, lack of rest can impact both physical and mental health.

Small adjustments to protect your sleep during the festive season mean you'll enjoy the celebrations without the fog of fatigue.

Exhaustion comes as part of the festive package for many, with more than two in five people (41%) having missed a magical Christmas moment, such as children opening their presents, because of a family argument or a burnt turkey. These disruptions are often the result of a lack of sleep.



Employees in the hospitality industry often work extended hours during the festive season, averaging just five to six hours of sleep per night, which is below the recommended amount.¹

1. <https://www.matthewclark.co.uk/latest-news-blogs/news/losing-sleep-this-christmas/?utm>

2. <https://www.londonmumsmagazine.com/mums-tips/parents-strangest-festive-sleeping-habits/?utm>



A restful gift to yourself

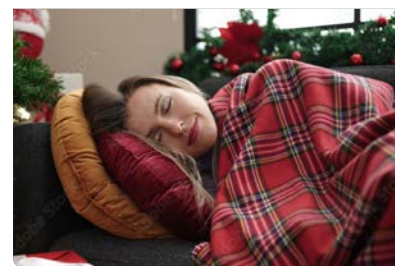
This festive season, let sleep be part of your self-care. Protecting your rest will not only leave you feeling energised but also more joyful, patient and ready to celebrate. The best Christmas gift you can give yourself is a good night's sleep.



Six tips for six silent nights

- 1. Set a bedtime ritual:**
Create a wind-down routine with reading, journalling or calming music.
- 2. Limit late-night caffeine and alcohol:**
They can disrupt deep sleep and leave you restless.
- 3. Switch off screens:**
Put phones and tablets away at least 30 minutes before bed.
- 4. Create a cosy sleep space:**
Keep your room dark, cool and quiet for the best rest.
- 5. Try relaxation techniques:**
Breathing exercises, meditation and gentle stretches can prepare your body for rest.
- 6. Prioritise consistency:**
Even with late nights, aim to wake up around the same time each morning.

Almost two thirds (63%) of UK adults polled revealed that they have had to sleep in a bed other than their own at Christmas.²



So, on this Sixth Day of Wellness, let's settle down and sing:

Six silent nights...
And a healthier me for the new year!

*On the Seventh Day of Wellness,
Our Healthier Body pillar gave to me...*

SEVEN STEPS OUTSIDE

When days are shorter and colder, it can be tempting to stay cosy indoors.



A short winter walk is one of the simplest, most effective ways to boost both body and mind. Fresh air, natural light and gentle movement combine to refresh your energy and balance out the season's indulgences.

Why winter walks matter

- **Mood boost:** Exposure to natural daylight helps regulate your body clock and improve your mood, especially in the darker months.
- **Fitness support:** Brisk walking raises your heart rate, strengthens muscles and supports cardiovascular health.
- **Stress relief:** A change of scenery, even for 10 minutes, reduces tension and clears the mind.
- **Balance:** Walking helps offset extra festive calories and keeps you energised for celebrations.

Walking in cold conditions can increase calorie burn because your body works harder to maintain its core temperature.¹



1. Benefits of Training in Cold Weather | Aston University

Seven simple ways to step outside

- 1 Take a brisk 10-minute walk after meals to aid digestion.
- 2 Invite a friend or family member to join you—walking is more fun together.
- 3 Explore local parks, woodlands or festive light displays.
- 4 Use walking as a mindful moment: notice the sights, sounds and scents of winter.
- 5 Wrap up warm with layers, gloves and a hat so the cold won't put you off.
- 6 Swap one short car journey for a walk instead.
- 7 Make it a tradition: a family Christmas Eve or Boxing Day walk can become a cherished ritual.

Walking on snow or icy surfaces engages stabilising muscles more than flat ground, improving balance and core strength.²

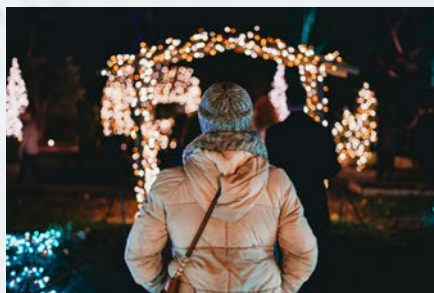


2. Gait muscle activity during walking on an inclined icy surface – PubMed



A simple step to a healthier season

Movement doesn't have to be intense to be effective. Taking just seven steps outside (and plenty more after that) gives your body a boost and your mind a breath of fresh air.



So, on this Seventh Day of Wellness, lace up your shoes and sing:

**Seven steps outside...
And a healthier me for the new year!**

*On the Eighth Day of Wellness,
Our Healthier Body pillar gave to me...*

EIGHT CUPS OF WATER

When the weather turns cold and cosy, reaching for tea, coffee and festive treats often feels more appealing than sipping plain water.

But staying hydrated in winter is just as important as in summer. Proper hydration keeps energy levels up, supports digestion and helps balance the effects of rich food and drink during the festive season.

Why hydration matters

- **Energy and focus:**
Even mild dehydration can leave you feeling tired and mentally foggy.
- **Digestion:**
Fluids help your body process the heavier holiday meals and treats.
- **Skin and immunity:**
Hydration maintains healthy skin and supports your immune system during cold and flu season.
- **Balance:**
Alcohol, caffeine and salty festive foods can dehydrate you—fluids help restore equilibrium.

Eight hydration hacks for winter

1. **Aim for around six to eight cups of fluids daily** (about two litres), including water, tea and soups.
2. **Start your morning with a glass of warm water and lemon.**
3. **Keep a reusable water bottle nearby** as a reminder to sip.
4. **Try herbal teas**, warming, caffeine-free and hydrating.
5. **Balance every glass of wine or pint with a glass of water.**
6. **Snack on water-rich foods** like oranges, cucumber and soups.
7. **Set gentle reminders on your phone or watch** to drink regularly.
8. **Flavour your water** with berries, citrus or herbs for a festive twist.



Mulled wine dates back to Roman times. They would heat wine and add spices to keep warm in the winter.¹



1. The Long, Storied History Of Mulled Wine | VinePair
2. Pomegranate - Wikipedia

Seasonal fruits like clementines, pomegranates and oranges are over 85% water, giving a sweet hydration boost and vitamin C.^{2,3}



3. <https://www.bupa.co.uk/newsroom/ourviews/ten-water-rich-foods-hydration?utm>

So, on this Eighth Day of Wellness, raise a glass and sing:

*Eight cups of water...
And a healthier me for the new year!*

On the Ninth Day of Wellness,
Our Healthier Body pillar gave to me...

NINE STRETCHES STRETCHING

The festive season is full of long meals, cosy film marathons and hours spent catching up with friends and family.

Often, too much sitting can leave our bodies feeling stiff and sluggish. That's where a few gentle stretches can make all the difference by easing tension, boosting circulation and helping you feel more energised.

Why stretching matters

- **Relieves stiffness:**
Sitting for long periods can tighten muscles, particularly in the back, shoulders and hips.
- **Boosts circulation:**
Stretching helps keep blood flowing, giving you a lift in energy.
- **Supports posture:**
Simple moves can reduce aches and help you be more comfortable.
- **Calms the mind:**
Stretching also gives you a chance to pause, breathe and reset between celebrations.

Around 26% of Brits normally report doing no exercise in a typical week, but that figure climbs to 30% by late November and peaks at 36% during Christmas week.¹



1. Quarter of Brits don't do a single half-hour exercise session a week | YouGov

Nine easy stretches for the season

- 1. Neck rolls:**
Slowly circle your head to release tension.
- 2. Shoulder shrugs:**
Lift and roll your shoulders to ease tightness.
- 3. Chest opener:**
Clasp hands behind your back and gently stretch.
- 4. Seated twist:**
Sit tall and rotate gently from side to side.
- 5. Cat-cow stretch:**
On hands and knees, arch and dip your back.
- 6. Hamstring stretch:**
While seated or standing, reach for your toes.
- 7. Quad stretch:**
Stand tall, hold one ankle behind you, then switch sides.
- 8. Hip opener:**
Sit cross-legged or place one ankle over the opposite knee.
- 9. Standing reach:**
Extend arms overhead and reach tall to lengthen the spine.

A refreshing festive boost

Hydration doesn't have to be boring. By aiming for six to eight cups of water daily, you'll feel brighter, more energised and better balanced, ready to enjoy the season to the fullest.



In December, 1/3 of Brits do absolutely no exercise during the whole month.²



2. Latest news from the BHF - BHF

So, on this Ninth Day of Wellness, take a stretch and sing:

*Nine stretches stretching...
And a healthier me for the new year!*

*On the Tenth Day of Wellness,
Our Healthier World pillar gave to me...*

TEN WAYS OF GIVING

Wellness isn't just about how we eat, move or rest—it's also about the connections we make and the positive impact we have on others.

This festive season, small acts of kindness can ripple outwards, spreading joy and strengthening our communities. Giving doesn't have to mean spending money; it can be as simple as sharing your time, your smile or your support.



Why giving matters

Acts of kindness benefit not only the receiver but also the giver. Research shows that giving can lower stress, boost happiness and even support physical health. Most importantly, it creates a sense of belonging and reminds us that we're all part of something bigger.



Ten simple ways of giving

1. **Donate food** to a local food bank.
2. **Offer your seat** to someone who needs it more.
3. **Send a thank you note** to a colleague, friend or neighbour.
4. **Give your time** by volunteering for a local cause.
5. **Share a compliment** to brighten someone's day with kind words.
6. **Declutter for good** by donating clothes or toys.
7. **Support local businesses** with your holiday shopping.
8. **Check in on someone** who may feel lonely during the season.
9. **Lend a hand**, from carrying bags to shovelling snow.
10. **Smile more**—the simplest gift, free to give, yet powerful.

A gift that keeps giving

By choosing to give in small, meaningful ways, we not only make others feel valued but also nurture our own sense of purpose and connection. Together, these acts contribute to a Healthier World, one where kindness and community thrive.



Amy Hunter
Site Administrator –
ESS

Every Christmas, I collect for the local women's refuge, The Pathway Project, an amazing charity that helps vulnerable women and children in need. This will be our fourth year donating to them, providing everything from toys to toiletries and clothes. Knowing how much our donations help really makes the collections worthwhile.



Chris 'Dobbo' Dobson
General Manager
– ESS

Last year, I coordinated a collection of clothing and blankets for the NOMAD Trust in Lincoln to support the homeless, making sure that they are warm and comfortable if they couldn't be accommodated in the city's hostels.

I am coordinating a bigger and better collection this year, aiming to make more of an impact with support from across the East region and our DIO client.

Last December, to raise money for MacMillan, I 'Braved the Shave' and raised over £900.



Ronnie Kelman
Managing Director –
ESS Energy, Government
& Infrastructure

In the run-up to Christmas, nothing makes me feel better than the work we do creating and delivering thousands of meals for those in need. Knowing that this small act of kindness means that people will have a hot meal makes me proud to be part of the ESS family, contributing to the communities we live and work in.



John Price
Service Delivery Manager
– ESS

Every year at MOD Stafford, the ESS team, alongside the Army Welfare Team, collect various food items and toys for the local Women's Aid shelter.

We always have an overwhelming response. For the past two years, the partnership has been able to send a van full of Christmas essentials to support this very deserving cause.



So, on this Tenth Day of Wellness, let's give generously and sing:

**Ten ways of giving...
And a healthier me for the new year!**

On the Eleventh Day of Wellness,
Our Healthier World pillar gave to me...

ELEVEN LEFTOVERS SAVING

Christmas often means tables piled high with food, but it also leads to one of the biggest peaks in household waste.

Making the most of leftovers isn't just good for your wallet; it's good for the planet too. With a little creativity, yesterday's feast becomes today's deliciously fresh meal.



Why leftovers matter

- **Reduce waste:** In the UK, millions of tonnes of food are wasted each Christmas.
- **Save money:** Every ingredient reused is one less you need to buy.
- **Cut carbon:** Less waste means less impact on the environment.
- **Enjoy variety:** Reinventing leftovers adds new twists to familiar festive flavours.

Festive leftover heroes

- **Meat or meat substitutes:** 45% of Brits give these a second life.
- **Potatoes:** 38% find creative ways to reuse them.
- **Cheese:** 31% repurpose cheesy festive favourites.



Eleven ways to save your leftovers

- 1. Turkey soup or curry:** Turn roast meat into hearty dishes.
- 2. Bubble and squeak:** Fry up leftover veg with potatoes for a classic.
- 3. Festive sandwiches:** Layer meats, cheese and cranberry sauce.
- 4. Vegetable frittata:** Mix cooked veg into eggs for a quick meal.
- 5. Bread into croutons:** Cube and toast stale bread for soups or salads.
- 6. Fruit into compote:** Simmer spare apples, pears or berries for porridge toppings.
- 7. Cheese board pasta:** Melt cheese into a creamy pasta bake.
- 8. Freeze extras:** Portion meat, stock or sauces for later meals.
- 9. Make stock:** Use bones and veg peelings for a rich broth.
- 10. Sweet treats:** Stale cake or panettone makes delicious puddings.
- 11. Share the surplus:** Pass leftovers to neighbours, friends or food-sharing apps.



A greener Christmas plate

By giving your leftovers a second life, you'll cut waste, save money and enjoy festive flavours for longer. It's a simple way to turn holiday abundance into a gift for both you and the planet, helping us all move towards a Healthier World.

Festive leftover fails

Not everything makes the cut...

- **Yorkshire puddings:** 84% admit they end up in the bin.
- **Condiments & gravy:** 82% go unused after the big day.
- **Crisps:** 80% don't get repurposed.¹



1. New survey on Brits' food waste at Christmas - Too Good To Go

So, on this Eleventh Day of Wellness, let's get creative and sing:

**Eleven leftovers saving...
And a healthier me for the new year!**

On the Twelfth Day of Wellness,
Our Healthier World pillar gave to me...

TWELVE GREENER TRADITIONS

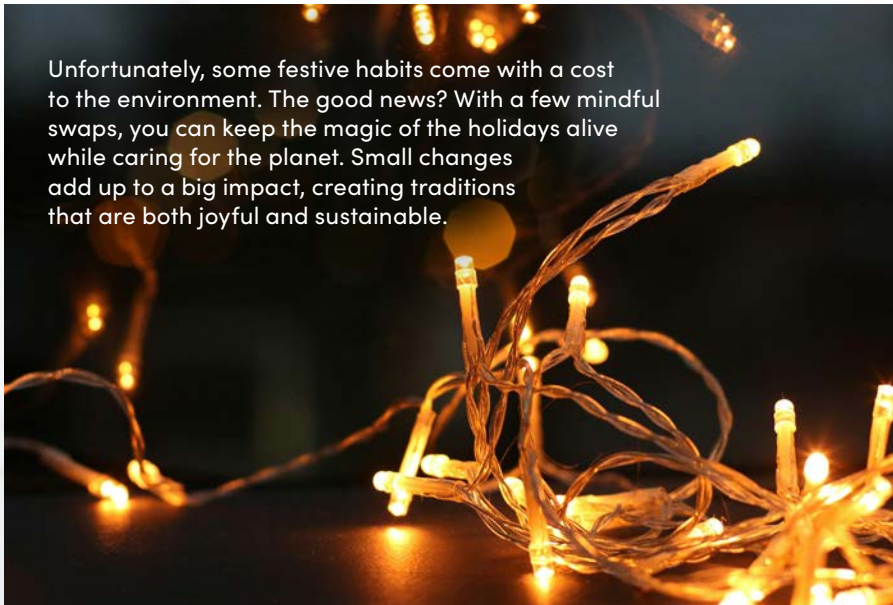
Christmas is a season rich with tradition, decorating, gifting, gathering and celebrating.

Unfortunately, some festive habits come with a cost to the environment. The good news? With a few mindful swaps, you can keep the magic of the holidays alive while caring for the planet. Small changes add up to a big impact, creating traditions that are both joyful and sustainable.

Why greener traditions matter

- **Reduce waste:** Millions of tonnes of wrapping paper, packaging and food go to waste each Christmas.
- **Save energy:** Eco-friendly choices, like LED lights, cut down on power use.
- **Protect the planet:** Choosing sustainable options reduces carbon footprints and supports biodiversity.
- **Inspire others:** Greener traditions spark conversations and encourage family and friends to join in.

Each adult's activities on Christmas Day in the UK generate **~513 kg CO₂e**, about 23 times more than a typical day (~22 kg CO₂e).¹



Twelve greener traditions to try

1. **Use reusable fabric wrap or recycled paper** instead of single-use wrapping.
2. **Choose LED lights**—which use less energy and last longer.
3. **Opt for real trees from sustainable farms or choose a reusable artificial tree.**
4. **Make homemade decorations** from natural or recycled materials.
5. **Gift experiences**, such as theatre tickets or classes, rather than things.
6. **Shop local** to support communities and cut transport miles.
7. **Give edible gifts** like homemade biscuits, jams or festive chutneys.
8. **Reduce plastic** by choosing gifts with minimal packaging.
9. **Compost food scraps** instead of sending them to landfill.
10. **Switch to rechargeable batteries** for toys and gadgets.
11. **Plan meals mindfully** to avoid excess food waste.
12. **Carry on traditions** that bring connection, not consumption—for example, walks, games or storytelling.

A Christmas that lasts beyond the season

By embracing greener traditions, you'll not only protect the planet but also create celebrations that feel more meaningful and connected. These are traditions worth passing down—festive rituals that bring joy today and safeguard tomorrow.



Almost one in three Brits say they waste more food at Christmas than at any other time of year, and **84% expect to have leftovers.**²



Brits eat approximately **175 million mince pies** over Christmas, using **175 tonnes of aluminium packaging.**³



1. Average Briton causes 23 times more CO2 on Christmas Day, study reveals | Greenhouse gas emissions | The Guardian

2. New survey on Brits' food waste at Christmas – Too Good To Go

3. Christmas packaging facts and waste statistics (2024 update)

So, on this Twelfth Day of Wellness, let's give generously and sing:

*Twelve greener traditions...
And a healthier me for the new year!*

UPCOMING WELLNESS WEBINARS

Looking to increase your nutrition and wellbeing knowledge?

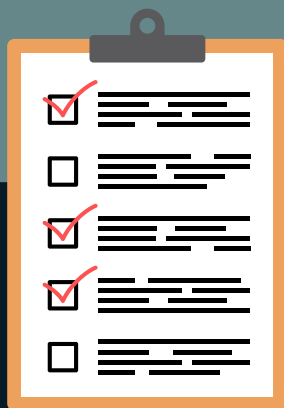
Attending our wellness webinars can help improve your knowledge and awareness of lots of different health and wellbeing topics. Previous topics covered include: mindfulness, heart health and hydration.

Please join us for the below webinars coming up over the next few months:

HEALTH INFORMATION

What to look out for

Wednesday 7th JANUARY:
2pm – 2.30pm



TIME TO TALK

Wednesday 4th FEBRUARY:
2pm – 2.30pm



Scan the QR code or send us an email at ess.wellness@compass-group.co.uk if you wish to get the links to the webinar directly in your inbox each month.

If you've missed any of our webinars and want to watch them back, check out our YouTube channel @WeAreESS.

WELLNESS

CHECK OUT WELLNESS ON OUR YouTube CHANNEL

Improve your Wellness by watching videos from our registered ESS Nutrition & Wellbeing Team.



ASK YOUR NUTRITION & WELLBEING SPECIALIST

WELLNESS

Ask anything to do
with nutrition, health
and wellbeing.



Leanne King
BSc (Hons), PGCE, RNutr
ESS Head of Nutrition
and Wellbeing

Drop us an email and
we will get back to you
as soon as possible.



Lottie Jones
BSc (Hons), MSc, RNutr
ESS Nutrition and
Wellbeing Officer

If you have any queries, email and ask your ESS Nutrition and Wellbeing specialist
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