

Five tips to help you stay healthy and avoid burnout

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It's summer, the festive season is around the corner and the last thing anyone is worried about right now is Covid-19. Health experts, however, warn us not to be too relaxed and to take the necessary steps to safeguard our health to prevent a dreaded



6th wave from ruining our holiday plans.

Health expert Vanessa Ascencao says now is the time to maintain good physical and mental health, and boost immunity and energy levels to avoid illness, and burnout. As is, a large part of South Africans are not in the best mental state as studies show an increase of 36.4 and 38.7 percent in anxiety and depression disorders over the last two years. On top of that, many people are turning to unhealthy eating, alcohol, smoking, and anti-anxiety medication to cope, while others have reported increased tiredness, low energy levels and burnout. Ascencao suggests trying to adopt the following good habits to finish 2022 on a high, healthy note:

1. Prioritise eating healthy, nutritious foods that will boost immunity and energy such as fruits and vegetables, healthy fats, and lean protein.
2. Eat until 80 percent full — this will reduce overeating, encourage mindfulness, and improve energy levels.

3. Stay active and take a walk after meals to help improve blood sugar levels and aid digestion. 4. Avoid unhealthy habits like smoking and overindulging in alcohol.

5. Take high-quality supplements to help increase energy, boost immunity, and support a healthy nervous system such as BetterYou Boost B12 oral spray, which has proven to work better than pills. Studies have shown that low levels of vitamin B12 may lead to a 51 percent increased risk of depression and that supplementation of the vitamin may significantly improve depressive symptoms. Vitamin B12 helps produce red blood cells which deliver oxygen to the body's cells and tissues. It's also been proven to help reduce tiredness and fatigue as well as aid concentration and memory.