

Merry PrescQIPPmas

To all subscribers

12 ways of optimising festivities

After another challenging year for the PrescQIPP community, fun and relaxation over the festive period are prescribed items of the highest priority for all our subscribers.

Follow our joyfulness assured, silliness-based recommendations for getting the most out of time off with friends and family.

1. A festive jumper looking ugly!

We've all got one lurking in the depths of our wardrobe waiting for it's annual outing.

PrescQIPP recommends - Wear the ugly festive jumpers with pride. Everyone loves them!



2. Thermal gloves

Baby, it's cold outside. Whether you need to ensure effective snowball throwing, dreidel playing or soft hands for Auld Lang Syne, adopt a simple preventative self care approach.

PrescQIPP recommends - One for each hand.

3. French bread

It may not be entirely traditional, but we're all about innovation.

PrescQIPP recommends - A baked camembert topped with walnuts and cranberries for delicious crusty dipping.

4. Calling friends



With cards sent and the widespread use of digital media, it's easy for the festive period to pass without actually speaking to loved ones.

PrescQIPP recommends - Resurrecting the lost art of the phone call where seasons greetings can't be delivered in person.

5. Cold things

PrescQIPP recommends - Giant icecubes for minimum drinks dilution, over-the-counter cold remedies, The Snowman, wintery walks and super cool socks.

6. Jokes a cracking

- » How do dispensary fridge lines get delivered? On an icicle
- » What do you get if you eat tree decorations? Tinsilitis
- » Why didn't the GP prescribe any branded medicines for Bambi and Rudolph? Because they are two deer
- » Where does Santa go when he's poorly? To the 'Elf Centre'

PrescQIPP recommends - Appreciative groaning.



7. Puns for sharing

It's the most punderful time of the year, snow why not stay out of the rain dear, spruce up your sitting room, and take an elfie. Yule regret it if you don't. Any myrrh for any myrrh?!

PrescQIPP recommends - Thinking of some better ones.

8. No one sulking

Extended play of family board games can significantly increase the risk of this common condition.

PrescQIPP recommends - Deprescribing Monopoly.

9. Jolly dancing

There will be plenty of opportunities to work off overindulgence with a jig, reel or a gentle sway.

PrescQIPP recommends - Cutting loose and throwing some shapes.

10. Lots of sleeping

Early morning stocking opening can undermine sleep hygiene, but there should also be opportunities for snoozing in front of the telly and maybe even a lie-in.

PrescQIPP recommends - Optimising all opportunities for rest and relaxation.

11. Dishes piping

Cold dishes certainly have an important place in holiday meal planning, but with the temperatures dropping outside, the use of heat in delicious home cooking can quickly warm the cockles.

PrescQIPP recommends - Safe and appropriate use of oven space.

12. Merry humming

While it can be a difficult time of year for the musically unconfident, the enjoyment of festive tunes should not be restricted to angels and choristers, and participation at all levels is encouraged.

PrescQIPP recommends - Goodwill to all.



Summary

12 - Merry humming; 11 - Dishes piping; 10 - Lots of sleeping; 9 - Jolly dancing; 8 - No one sulking; 7 - Puns for sharing; 6 - Jokes a cracking; 5 - Cold things; 4 - Calling friends; 3 - French bread; 2 - Thermal gloves; and A festive jumper looking ugly!



Merry Christmas to all from the PrescQIPP team

Seasons Greetings from the PrescQIPP team