

'Tis the season



Every year for the past several years, I've found myself writing a Facebook status on December 31st that wistfully takes a look back upon the year gone by. I know, some people roll their eyes at that sort of thing, but just hear me out: I'm not the type who likes to declare my every emotion on social media, but this is different. I see it as more of a therapeutic act, a ritual that helps me seal off the end of a year by remembering the great milestones (like launching this mag!), and in doing so, putting the not-so-great ones into perspective. I was raised to always be grateful for the blessings life has given me, and this festive season, it means more to me than it ever has before. You see, last month, I was lucky enough to visit Malawi on a charitable field trip. I'd been chosen along with a few colleagues to visit some projects that our company has partnered with UNICEF to support, and in all of my travels and similar ventures, I'd never had an

experience like this before. While we can't—nor should—ignore the stories we see on the news every day, there's something immensely different about seeing how the less fortunate are living in real life. What struck me most was that despite the many hardships and extreme poverty many people there are facing, their sense of community blew me away. Even those who had nothing went out of their way to help each other, and although we went there with the goal of assisting their education projects, they could actually teach many of us a lot about the way we treat each other. It was truly inspirational, and especially poignant so close to the season of giving. It's why this is one of my favourite times of

the year—it's a chance to open our hearts, be kinder to each other, and wrap up the year by being thankful for the good and letting go of the bad (or at least, only keeping the lessons we've learned from our less-happy memories). I'm a realist though, and I know that the holidays can be a pretty stressful time too. But don't worry—we've got you covered, whether you're looking for ways to enjoy seasonal treats without straining your waistline, what to wear to dazzle that cute guy you've been eyeing all year, how to make sure your vacation doesn't leave your health, looks or relationships worse for the wear, or how to manage those awkward situations (or rising tensions) that can occur when you're trying to cram a year's worth of family quality time into the space of several days. The festive season is, of course, also a time of celebration, and on that note, the entire *WHME* team would like to wish you all happy holidays. We've loved being able to share our outlook on life with you this year, and we can't wait for another great one ahead. See you in 2015!

Yi-Hwa

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TIME FOR A CHANGE

IF YOU HAVE...

1 MINUTE

Call your BFF and set up a gym date together—pairing up with a pal could help you get more out of a fitness routine (and stick to it more easily). "Double Down On Results," p.55

5 MINUTES

Whip up an all-natural, homemade body scrub using goodies from your kitchen pantry to stimulate, soften and smooth tired skin. "Beauty and The Feast," p.36

10 MINUTES

Place a warm, damp washcloth or compress over your eyelids and relax while it soothes them. It'll loosen up eye glands and tear ducts, helping to prevent infections. "Is Life Going By In A Blur?" p.75

15 MINUTES

Try our super-easy spiced rice pudding recipe for a quickly-made, light and delicious dessert that's big on seasonal flavour but light on the calories. "Petite Sweets," p.79

30 MINUTES

Steal away a little one-on-one time with your guy—even amidst all the festive madness and family time—to keep your bond strong and stress-free. "Home For The Holidays," p.101

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