



o Christmas Tree, o Christmas Tree!

Many of us will be putting up a Christmas Tree in our homes during this festive period. For those who celebrate Christmas, the Christmas tree is a key symbol of the season. The tree itself - along with the ritual of procuring, decorating and spending time around it - inspires a unique set of warm feelings. Is it a coincidence that Christmas trees enter our homes at exactly the darkest time of year, when many of us are in need of a little light?



History shows that evergreen trees occupied a special place in the spiritual lives of humans long before Christianity. In some ancient cultures, they were associated with protection from illness and evil spirits.

As beautiful plants that stay green all year round, evergreens represent a resilience and steadfastness in which people take comfort. No wonder, then, that trees have been associated with mental health benefits like reduced anxiety and depression. Here are some helpful pieces of advice for living a content and happy life that we can learn from a tree...

