



10 Wellbeing tips



If Christmas gives you the blues

1. Honesty

Try to be honest with people if you're finding things overwhelming and you're not feeling up to getting involved in everything.

2. Press Pause

Remember you can only do so much, stop if it's becoming too much and just try to relax and look after yourself.

3. Brighten up the long evenings

Set a specific activity or task. It doesn't have to just be socialising, it can be indoors – whether it's a puzzle or cooking something special

4. Get unstuck

Make sure you're not too housebound. A brisk walk outside has also been proven to lift your mood. Look for a walking group near you if you don't want to walk alone. Many are Free. Try www.beta.ramblers.org.uk/go-walking/wellbeing-walks

5. Don't believe the hype

Don't compare your Christmas with the representations of perfect Christmas moments on social media or on adverts. Remember that everyone is only sharing the good bits.

6. Keep hydrated

It's easy to forget to drink water during the colder months, when you might naturally be less thirsty or not fancy a cold glass of water. Try warm water or fruit teas.

7. What do you want?

Think about what you want to get out of the Christmas break; don't feel like you have to do or be anything because it's expected. Christmas can be the time you set aside to learn something, new like a language or crafting skills.

8. Stay connected

Try to avoid going into hibernation mode in the winter. Try to push yourself to keep up social connections, you will feel better for it. It can be a FaceTime or a text if you don't feel like meeting up in person

9. Give yourself a prezzie

Make sure you take some time out after Christmas to do something you really want to do, no matter how small.

10. Talk

If you are feeling overwhelmed or under pressure, talk to someone about it.