

# WELLBEING

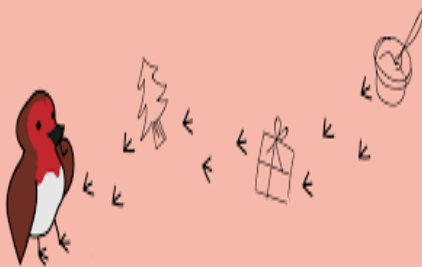
a newsletter aimed at improving our wellbeing and mental health over the festive period from St Gregory's Safeguarding Team

Remember. It is not wrong to focus on yourself and your own wellbeing!

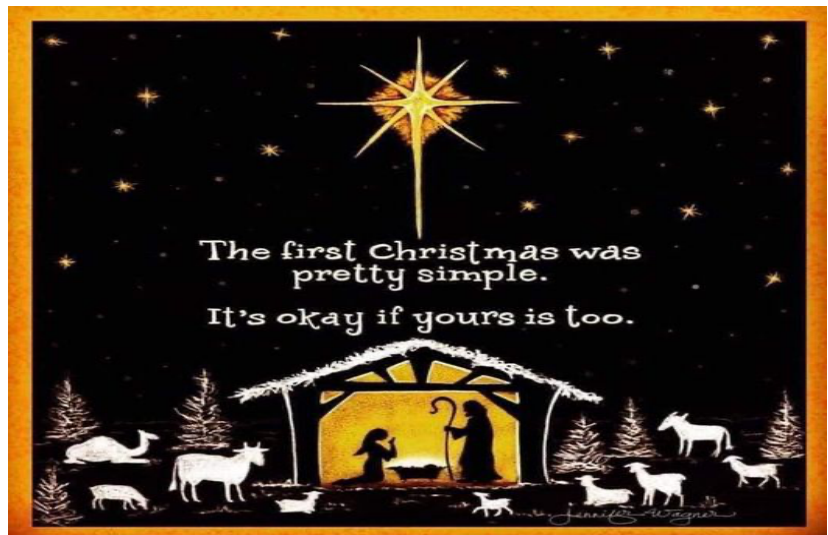


"Find time for yourself – it might be taking a long bath, or going on an errand, but five minutes to yourself can be really helpful."

"Prioritise and tackle things one at a time."



"Balance your sense of social obligations against your need for self-care."



## Wellbeing over Christmas

Christmas is often seen as one of the most stressful times of the year. Money worries, feeling under pressure to go out and see people, Covid-19 variants and uncertainty about new restrictions, add to that the endless 'to do' lists and it can leave us feeling overwhelmed and run down.

With this in mind, we wanted to put together top tips for looking after your mental health and wellbeing over the Christmas period in our latest Wellbeing Newsletter.



# 12 Wellbeing Days of Christmas

**On the first day of Christmas I gave a gift to me: STAY IN TOUCH**

Having good relationships is massively important for your mental health. Connect or reconnect with friends and family. Make time for the people you enjoy spending time with over

**On the second day of Christmas I gave a gift to me: LETTING GO**

Let go of the 'perfect Christmas' myth and appreciate that it exists only on the television and in my dreams. I'm going to work on enjoying this.

**On the third day of Christmas: ASK FOR HELP**

Don't be afraid to give or accept support. Talk to friends or family, or if you prefer there are many support services available over the Christmas holidays:

**Samaritans – 116123**

**Lifeline – 0808 808 8000**

**Childline – 0800 1111**

**On the fifth day of Christmas I gave a gift to me: KEEPING ACTIVE**

Being active is great for your physical health, fitness, and mental wellbeing. It may be cold outside, but that doesn't mean you can't exercise, wrap up and go for a walk or run, cycle, play a game or dance to your favourite Christmas songs. Exercising make you feel good.

**On the fourth day of Christmas I gave a gift to me: NO MORE PLEASING**

Give up on the notion of trying to please everyone this Christmas. It is an unachievable and totally impossible task. Do what is best for you and your family and enjoy time together.

**On the sixth day of Christmas I gave a gift to me: MINDFULNESS**

Mindfulness is simply paying attention to whatever is happening in the present moment and experiencing it without judgement. People can tend to spend a lot of time in the past or worrying about the future. Savour the moment and memories made over the holidays. Try and be in, and enjoy, the present moment.

**On the seventh day of Christmas I gave a gift to me: SLEEP**

The Christmas season can be hectic and impact our sleep pattern. We cannot function effectively without enough sleep and it can lead to irritability and difficulty concentrating. Try and stick to your usual sleeping pattern so you have the energy to do all the things you want over the holidays.

**On the eighth day of Christmas I gave a gift to me: NUTRITIONAL HEALTH**

When it comes to mental health and wellbeing what you eat can really impact how you feel. Everyone indulges at Christmas (as we all deserve it) but think about getting a balance and being mindful of alcohol consumption to help protect your mental health and wellbeing.

**On the ninth day of Christmas I gave a gift to me: TIME OUT**

Allow time for yourself when things are getting hectic, even it's just for 5 minutes – stop and put your feet up or have a cup of tea and a mince pie.

**On the tenth day of Christmas I gave a gift to me: BUDGETING**

Christmas time can be a very expensive time of year. People often feel under pressure to buy presents, attend events and spend more money than they would like to. Make a Christmas budget, factor in the significant things such as family outings and try and stick to it, come January you will be glad.

**On the eleventh day of Christmas I gave a gift to me: SAYING NO IF IT IS TOO MUCH**

Have clear boundaries with people and balance your sense of social obligations against your need for self-care. Give yourself permission to say no.

**On the twelfth day of Christmas I gave a gift to me: SELF-FORGIVENESS**

Be kind to yourself and show self-forgiveness. Everybody is a work in progress, try to keep perspective and remembering that Christmas Day is only one day of the year!

