

Merry Christmas from all at

 **mind** Washington

We hope that our 12 Tips for Coping with Christmas helps you or someone you know this festive season. If you need support, please reach out to the organisations highlighted in Tip #12.



Looking for more information on looking after your health and wellbeing over the Festive Period or in the New Year?

Visit our directory: wellbeinginfo.org for local support and self-help information.

**Washington Mind, The Life House, Grasmere Terrace,
Columbia, Washington, NE387LP.**

Tel: 01914178043 Email: info@washingtonmind.org.uk



Thank you for your support and for being with Washington Mind over the last year.

We wish you a peaceful Christmas and New Year and we look forward to working with you again in 2025.

Christmas is nearly here and it can be a difficult time for some people. We have made **12 tips**, some based on the **5 Ways to Wellbeing**, to help you cope with the festive period to help you build small actions into your everyday life which can help to make a real difference this Christmas...

12 Tips to Help you Cope with Christmas



Festive beverages

Celebrate Christmas and pace yourself so that you can enjoy a festive glass or two

1



Eat well

Not too much, not too little. Just enough for you to enjoy and feel satisfied. (You could always have a little pick later)

2



Be Active

Take a gentle stroll, a walk in the park or along the coast. Time out in an open space.

3



Relax

Find a 'me' moment. Time to 'just sit' and breathe and be. Enjoy your mini-micro charge!

4



Sleep

Quality sleep needs a bedtime routine, even at Christmas. Or enjoy a little nap because napping has many benefits too.

5



Challenge yourself

Set yourself a realistic and 'achievable' goal. Avoid the resolutions, take small steps to achieve your new goal and enjoy your gradual

6

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7

Don't believe the hype

Reality check. Christmas really isn't like in the movies or the adverts we are showered with. Set realistic expectations for yourself and others. Enjoy your day in the best way you can, achievements.

8

Reach out & connect

If you are feeling overwhelmed - let someone know, so they can support you. Ask for help.



9

Digital detox

Having a rest from your phone and computer could be just the thing to ensure you have a relaxing Christmas.



10

Grief & Christmas

Give yourself permission to grieve. Joy, and sadness can and do co-exist.



11

Be kind - to you. Take the time you need. Press the pause button. Say No. Create boundaries. Do what you need to do - for you.

12

24/7 support for those who need it

Text Shout 85258 • Childline 0800 1111
Samaritans 116123 • Silverline 0800 470 8090
Papyrus 0800 068 4141
Adult crisis team 0800 652 2867
Young peoples crisis team. 0800 652 2868

