



## This month's wellbeing edition is about "Season of Self-Care - Prioritising Mental Health in December"

As December approaches and the holiday season begins, the demands on your time can grow, leaving little room for self-care. Both parent/carers and children can feel the pressure of balancing school, family, and holiday preparations. This season of self-care, remember to prioritise mental health for yourself and your children.

### Here are some tips for both:

**Set boundaries:** Don't be afraid to say no to extra commitments to maintain balance for yourself and your family. Teaching your children to do the same helps them protect their own well-being.

**Delegate and share:** Involve your teens in holiday tasks like decorating, cooking, or gift wrapping. It lightens your load and teaches them valuable life skills.

**Take time out:** Encourage both yourself and your children to take breaks from the hustle. Whether it's quiet time reading, a walk, or listening to music, these moments help recharge and reduce stress.

**Open conversations:** Check in with your children about their feelings, especially during this busy time. Create space for open discussions about school pressures, social stress, or anything else on their minds. Be a listener and encourage healthy coping strategies, like journaling or mindfulness.

**Find joy in small, shared moments—whether it's decorating the tree together or simply having a cosy evening in. By focusing on self-care as a family, you'll create a more peaceful and enjoyable holiday season for everyone.**



## A Poem for You

Amid the rush and festive cheer,  
Don't forget to keep yourself near.  
Take a pause, a breath,  
some space,  
Amid the joy, find your own grace.  
Together, with your loved ones too,  
The season's peace can bloom for you.





## Useful Website - Click Here

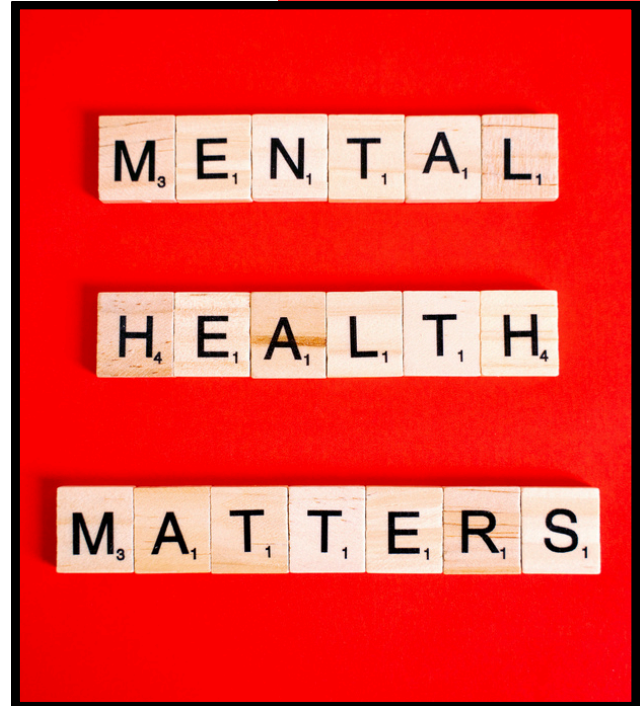
### Looking after your mental health at Christmas

“It’s the most wonderful time of the year!” is what I hear constantly at Christmas. Whether it’s on the radio, the telly or out in public, we are constantly told that Christmas is a time to be happy.

But what if you’re not happy?

The reality for many of us, including myself, is that when Christmas comes around, there’s constant pressure on those with mental health problems to be happy all the time. But of course, that’s easier said than done.

Here’s my advice on things you can do to ensure you still enjoy the festive period this year, but also look after your mental health.



## Click here - A wellbeing christmas advent calendar & activities



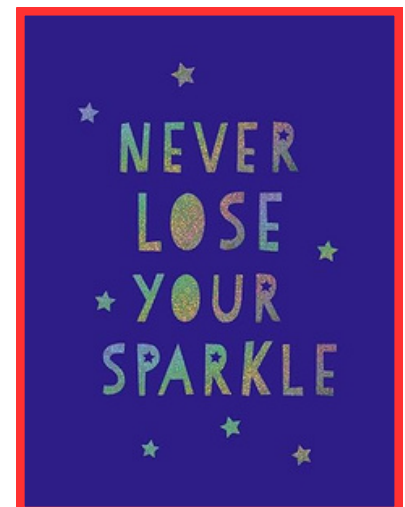
## Book of the month - click here

Never Lose Your Sparkle: Uplifting Quotes to Help You Find Your Shine: Uplifting Words of Wisdom and Feel-Good Statements

## Podcast of the month - Click Here



HOW TO LOOK AFTER YOUR MENTAL HEALTH AT CHRISTMAS



MAY THIS CHRISTMAS BRING YOU PEACE, JOY, AND THE GIFT OF WELL-BEING IN EVERY MOMENT