



## A self-care guide to

# Coping with Christmas

Whilst Christmas and the Festive Season can be full of joy and happiness, it can also be a stressful and overwhelming time for some. For others, it might be a time of reflection, and isn't necessarily a season of joy. We've put together a few self-care tips to help you **Cope with Christmas**.

### It's okay to say no

Choose the activities you want to partake in, and skip the others.

### Don't compare yourself to others

You and your family are unique - celebrate how you feel it's appropriate.

### Keep things in perspective

It's your Festive Season - it can be as big or as little as you want it to be.

### Acknowledge any negative feelings

Christmas can be an upsetting and difficult time for some. Acknowledge these feelings - they are okay.

### Stay healthy

Get active, sleep well, moderate your alcohol and choose healthy foods (when you're not celebrating, of course!)

### Practise self-compassion

It's normal to feel disappointed or sad when things go wrong. Acknowledge this, but then remind yourself what went right.

### Practise mindfulness

Focus on the moment, focus on your surroundings, and focus on you. Ask yourself "How do I feel right now?"

### Take time out for you

Having some alone time can help you de-stress and calm down when things get chaotic. Take 5 minutes to do something you enjoy.

# Merry Christmas!

