

# TIPS FOR THE FESTIVE SEASON

## Pandemic edition

### Accept the reality.

One of the healthiest things we can do for ourselves during this time is to simply acknowledge that Christmas will be different this year.



### Self-care.

- Maintain a regular sleep schedule
- Stay hydrated
- Healthy diet and exercise



### Say 'no' to negative thoughts.

We are way too hard on ourselves, and these self-critical, negative thoughts are not healthy.



### Practice kindness.

This Christmas try to do something unexpectedly kind and boost your own mood and self-esteem.



### Do what you love.

If things have been so hectic in your life lately that you've lost touch with your hobbies, why not take a moment to make a list and remind yourself of your favourite activities.

### Shop smart.



It's easy to be drawn in by impulse buys when you're wandering around a store. Stick to the essentials by making a list in advance, or order online where possible – this helps you keep to your budget and minimise waste.

### Stay connected.

Check in with your family and loved ones on a regular basis. Find out about your employment and benefits rights, and all the Covid-19 resources available.



### Reach out for help when you need it.

Nobody likes to admit that they are struggling. However, asking for help when you need it is actually one of the bravest things that you can do for yourself.

