

#weareNHFT



MORE ON YOUR MIND THAN JUST CHRISTMAS?

With Christmas fast approaching, we know not everyone has a holly-jolly Christmas and that this time of year isn't filled with joy and laughter for everyone. In fact, it can be quite lonely or stressful and can lead to feeling low in mood, anxious about money and going out or stressed with the thought of having to prepare for this time of year.

I FEEL SO MUCH PRESSURE FOR CHRISTMAS TO BE PERFECT...



TIP 1:

Write a list of what is important to you about the Christmas period and take the time to reflect on what you have written.

TIP 2:

Plan what you need to complete for Christmas, write this down to make sure you are not overloading yourself and ensure there is balance in your week.

TIP 3:

Be kind to yourself. Tell the negative voice which is saying you are not doing well enough to be quiet

TIP 4:

Be open with your friends and family about how much pressure you feel under. Can you share some of your worries? They may be able to support you with some of it to take some of the pressure of you.

TIP 5:

7-11 breathing is a good technique when feeling overwhelmed. Remember to breathe in for 7 seconds and out for 11 seconds.



It's okay not to be okay and the Christmas period is no exception to that. Just know, you are not alone and there is help available to support you. Contact us today by completing a short online form on: www.nhft.nhs.uk/iapt or call **0300 999 1616** (9 to 5 weekdays).