

#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 AM WORRYING ABOUT HOW I CAN AFFORD CHRISTMAS...



**TIP 1:**

Set yourself a budget - be realistic about what money you have available and give yourself a budget which reflects this.

**TIP 2:**

Take a moment to think about what Christmas really means, there are other ways you can celebrate with your loved ones that does not involve spending money.

**TIP 3:**

Christmas is definitely not all about money, so think of everything you enjoy about Christmas that does not involve spending money.

**TIP 4:**

Start a new tradition. Not all traditions have to have a financial consequence i.e., go for a family walk, play a game together or just share positive memories about Christmas's past.

**TIP 5:**

Know there is support out there if you are worried about your financial situation. I.e. money advice service is a government website.



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](http://www.nhft.nhs.uk/iapt) or call **0300 999 1616** (9 to 5 weekdays).