

#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 UNDER PRESSURE TO BE SOCIAL WHEN I JUST WANT TO BE ON MY OWN



TIP 1:

When out, set a clear time you are leaving and make sure everyone is aware that's your plan. This will help you balance the social contact at Christmas.

TIP 2:

It is okay to say "no" if you feel to much pressure to go. Your wellbeing is the priority and anything you are committing to should not be detrimental to this.

TIP 3:

Make sure you have a balance over Christmas of social contact but also alone time; plan in a walk or watch something you enjoy on TV.

TIP 4:

Social contact may be something you struggle with. If so, think about some of the situations when you have felt under pressure and know our team is here to support you.

TIP 5:

Feeling overwhelmed? Name 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell and 1 thing you can taste. Then take a deep breath.



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).