

#weareNHFT



## MORE ON YOUR MIND THAN JUST CHRISTMAS?

With Christmas fast approaching, we know that 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 LONELY AND EVERYONE ELSE SEEMS TO HAVE FAMILY AND FRIENDS AROUND THEM



**TIP 1:**

So many people feel lonely, especially at Christmas time. Drop your neighbour a Christmas card or get in touch with people you have lost contact with.

**TIP 2:**

There are often free events happening in your community which you can get involved in; these are advertised on the radio or even at your local supermarket.

**TIP 3:**

Volunteering is an excellent way of getting involved with your community. Check out Voluntary Impact Northants for opportunities.

**TIP 4:**

Plan your days to include some activity so you do not isolate yourself. When people feel lonely they can often stop taking part in activities they enjoy due to low motivation.

**TIP 5:**

Create a positivity log - write down 3 things a day that you have felt you have achieved or/and have made you feel good.



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).