



Darell Primary School

Wellbeing Newsletter December 2023

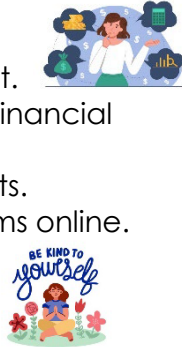


Christmas Wellbeing tips:

Although Christmas is usually a joyous time of the year, it can also affect our mental health in lots of different ways. This could be if Christmas is part of your life, or if it's happening around you. It's a time of year that often puts extra pressure on us. If you find Christmas a difficult time of year, here are some tips to help you:

Coping with money worries - It can be tough to cope with the financial pressures of Christmas. This can be especially difficult if you're already struggling with money. And for many of us, rises in the cost of living will have made things even harder. Here are some ways to cope:

- Access financial support
- Make lists, plans or a budget.
- Be open with others about financial struggles.
- Look for local offers or events.
- Look for free or low-cost items online.
- Try to avoid comparisons.
- Be kind to yourself.



Looking after yourself - Be gentle and patient with yourself. It might help to think about what is best for your wellbeing during Christmas, and prioritise what you need.

Planning ahead - Think about what might be difficult about Christmas for you, and if there's anything that may help you cope. It might help to write this down. For example:

- Try to include as much of your regular routine in your Christmas plans as you can.
- Make notes of strategies that can help you and inform others so they can help.
- Plan to spend less time in difficult places.
- Plan something nice to do after Christmas to help you destress.



Talking to other people - Let people know you're struggling. It can help to talk to someone you trust about how you're feeling. Letting them know what they can do to help and support you and what things to avoid doing to make this an easier time.



TIPS FOR MANAGING YOUR MENTAL HEALTH AT CHRISTMAS



Wellbeing Activity: Personalized Christmas Cards

To help support the mental health of the people around you, why not make personalised Christmas cards that can be sent to your family and friends with messages of appreciation inside. This will help show them how much they mean to you. You do not need to buy anything new for this craft, you can use any craft supplies that you have at home as it's the message inside that's important!

