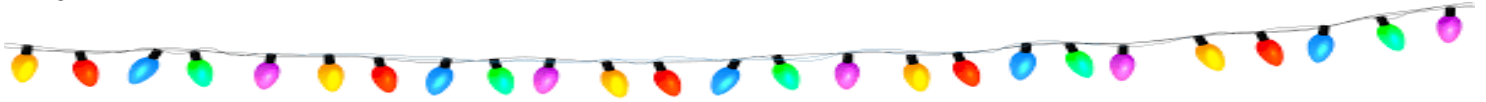


Dear Parents / Carers,

Welcome to our final wellbeing and mental health newsletter for this year. We want to wish you the best of times over the holiday period and a wonderful Christmas for those of you that celebrate it. I do want to highlight an important message though, as Christmas is not always a happy, joyful time for everyone.



It's that time of year again. Sparkly lights adorn buildings, trees, and roads. Hustle and bustle begin to ramp up in a big way.



It's a time of year that's billed as 'magical'.  
It's known by some as *'the most wonderful time of the year'*.  
Anyone who thinks otherwise risks being labelled a 'grinch' or 'scrooge'.

But, to be honest... we don't always feel it.  
We don't feel so sparkly.  
The magic hasn't always arrived at our door, come down our chimney, or otherwise appeared in our life.



You might feel worried about socialising.  
You could be worried about your energy levels. We're so tired, how are we going to manage it over the festive period?  
Some of us worry about disrupted routines.  
This year lots of us are worried about our finances.  
You might feel worried, anxious, and tired. It can all become too much, too overwhelming.

But you're not alone. In fact, other people you know might not be feeling so sparkly, either.  
December can come with so much pressure. Every year it's more commercialised. There are more things we have to do. More things we're expected to buy. More fads we're supposed to want to engage with.

But, we don't have to. We really don't.  
We can only do our best, whatever that looks like. Our best is good enough, we can't do or be more than that.

We might need to up our self-care and remember that in a couple of weeks, December will have passed. After all that build-up, things will settle down again.  
We will enter January. Snowdrops will begin to appear.  
The days will start getting longer again.

We can get through this. We are not alone. We've got this.





## Tips for coping during Christmas

If you find Christmas a difficult time of year, this page has some tips to help you cope.

Different things can help us at different times, depending on our situation and how we're feeling. Some of these tips may not feel helpful or relevant for you right now. Try some different things and see what works best for you.

<https://www.mind.org.uk/information-support/tips-for-everyday-living/christmas-and-mental-health/christmas-coping-tips/>

## Useful Links

- <https://www.blurritout.org/>
- <https://www.mentalhealth.org.uk/>
- <https://www.mind.org.uk/>
- <https://www.youngminds.org.uk/>
- <https://www.wolverhamptonhealthyminds.nhs.uk/>

## Holiday Self-Care Tips



Make space for messy feelings like grief.



Learn to say "no" without feeling guilty.

Create your own holiday traditions.



Keep your stress levels in check. Step back or delegate.



Set realistic expectations for yourself and the holiday.

Get organized! Make a plan and try to stick to it.

Keep up with your self-care and make time to relax.



BlessingManifesting

Give yourself permission to just let it be an average day.



I would love your feedback on our wellbeing newsletter.

If you could take 5mins to complete this Microsoft form, I would be most appreciative.

Kind regards,  
Mrs Reynolds

[https://forms.microsoft.com/Pages/ResponsePage.aspx?id=n-nwrUuRDOWALH\\_XTtX2CuR4-vO3m.3JIBsCi.GMCqFqd.VUQOLTRTFZQkOxRzVITUI2OVk4WTNDWkh.TUS4u](https://forms.microsoft.com/Pages/ResponsePage.aspx?id=n-nwrUuRDOWALH_XTtX2CuR4-vO3m.3JIBsCi.GMCqFqd.VUQOLTRTFZQkOxRzVITUI2OVk4WTNDWkh.TUS4u)



*"Find time for yourself – it might be taking a long bath, or going on an errand, but five minutes to yourself can be really helpful."*

