

# Wellbeing

# & MENTAL HEALTH

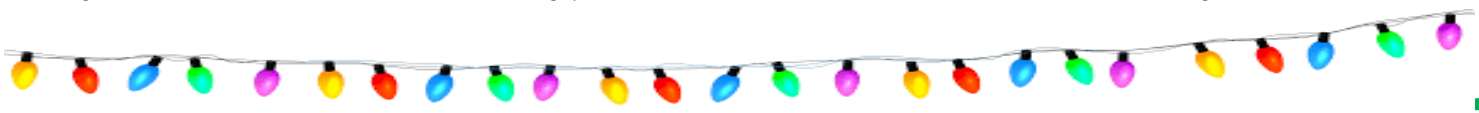
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21<sup>st</sup> December 2023

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.



## Helping you stay well over winter

It's been a gloomy month, hasn't it? Winter has well and truly hit – at least here in the UK. If you're struggling with the shorter, darker days, you're not alone. Winter can be a difficult time of year. The colder months can really bring your mood down. Making it harder to feel positive, leave the house and keep up with your usual self-care routine. Especially if you struggle with seasonal affective disorder (SAD) – a form of depression that's typically most present at this time of year. With rising bills and the soaring cost of living, this winter might feel even tougher than usual. Which can have you feeling a lot less than 'festive'! But no matter what you're going through, there is help out there for you this winter. Below are some links we think are particularly helpful at this time of year. We hope you have a positive end to the year – whatever that looks like to you – and enjoy any celebrations you have planned.

### Useful Links

- <https://alextilc.org/looking-after-your-mental-health-this-christmas/>
- <https://www.mentalhealth.org.uk/>
- <https://www.mind.org.uk/>
- <https://www.youngminds.org.uk/>
- <https://www.wolverhamptonhealthisminds.nhs.uk/>



## Top tips for looking after your mental health at Christmas:

- 🎁 Talk about your feelings;
- 🎁 Do something you are good at;
- 🎁 Ask for help;
- 🎁 Keep in touch;
- 🎁 Accept who you are;
- 🎁 Drink sensibly;
- 🎁 Eat well;
- 🎁 Keep active;
- 🎁 Take a break;
- 🎁 And care for others.

## Tips For Taking Care Of Your MENTAL HEALTH At Christmas

- 💖 Talk to other people; friends, family or ask Alex TLC about peer support
- 💖 Plan ahead to keep busy, especially for times you may find more difficult
- 💖 Get Support from friends & family and remember Alex TLC is here for you
- 💖 Look after yourself, be kind and understanding
- 💖 Learn to say no to others; don't over commit, it's okay to make time for yourself

## 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/>

I would love your feedback on our wellbeing newsletter, Mrs Reynolds.

