

TIPS TO MANAGE WELLBEING OVER THE WINTER BREAK

We know that that the winter holiday period can be a tough and challenging time for some. There's a change in the routine, and more unstructured time that can feel difficult and overwhelming to manage. You may also feel pressured to feel or present yourself a certain way during this time. We have therefore created this guide to support you to stay well.

Gaming (but not too much!)

Lots of people enjoy gaming and it's fine to include it in your day but it's easy to find yourself playing too much, especially when you don't have so much to do. This can lead to feeling disconnected from friends and family and your mood dropping

Keeping a routine

Getting enough sleep is important for our mental health and catching up on some sleep over the holidays is part of switching off and recharging. It might be tempting to stay up late and/or sleep in longer but shifting your usual routine too much can have a negative impact on our mood. If possible, try to maintain a routine where you get up in the morning and go to bed at around the same time each day.

Socialise

If talking about your feelings is hard for you, just spending time with others can be really helpful. Social contact is so important for our mental health. Spend some time doing activities with family members or friends i.e playing a game, learning a new skill together, or watching a film. Speak to friends and family members over Facetime, Snapchat or Whatsapp.

Exercise

Staying active can help both our physical and mental health. You could go for a walk or run outside or do some exercise at home like yoga or HIIT

Cooking

With more time spent at home, there is more time to help in the kitchen and make some tasty Christmas treats! There are hundreds of recipes online and many 'how to cook' videos on YouTube



TIPS TO MANAGE WELLBEING OVER THE WINTER BREAK

Talk to someone

It can be good to talk about your feelings, so think about who you can turn to. It could be someone in your family, a friend, or a helpline that can talk to you about how you might be feeling. Kooth and Togetherall offer free online support too.



kooth

TALK TO US
OFF THE RECORD

Monitor your social media usage

Social media can keep your anxiety high for many reasons. Try to have a limit on how much you check on social media. Remove or unfollow accounts that you notice make you feel worse.

Giving back to others...

There are lots opportunities to volunteer over Christmas. Helping others can help improve your own wellbeing



Please visit the Education Wellbeing Service YouTube channel



Crisis Numbers

24/7 Mental Health Crisis Line 0800 028 8000
(CAMHS) Crisis Line 0203 228 5980
(Mon-Fri 5pm-11pm) (Sat-Sun and bank hol 9am-11pm)

