

# BC Wellbeing News

CHRISTMAS EDITION

December 2021

"It's the most wonderful time of the year!" That's what the song tells us. But for some, Christmas can be a very challenging time. Perhaps this year more than ever.

Some of us will be finding the uncertainty of the current situation regarding new restrictions and new Covid variants very unsettling.

Perhaps someone special will be missing this year?

Money worries? Family tensions? Not everyone will be relishing several days in the house with their nearest and dearest.

We've gathered some great suggestions from various sources and put together our

## TWELVE TIPS FOR CHRISTMAS

**1. Accept that no-one's Christmas is really as perfect as it looks in the films. Be realistic about your expectations.**

**2. Don't forget the real meaning of Christmas. Make some time to go to Mass, go to a Christmas carol service or visit your local place of worship.**

**4. Maintain healthy habits: Drink plenty of water, get enough sleep, wrap up warm and get outside for some fresh air.**

**6. Do something for someone else without being asked. Help with the meal preparation, clean the bathroom?**

**5. Give the screens a rest #1 you don't need to be comparing your family's Christmas with airbrushed celebrity versions.**

**3. Give yourself some space. If it all gets a bit much, take a book somewhere quiet, do some mindfulness colouring or go for a walk.**

**8. Each evening, consciously think about, or write down, one thing you can be grateful for.**

**7. Make someone else happy by connecting with them. Drop a card through the door of an elderly neighbour? Write a thank-you note to a friend or relative?**

**11. Have a clear out-sort out things you no longer need. Can you donate some warm clothes, book/toys you no longer need to a local charity?**

**12. Don't hesitate to reach out for help if you need it (see links over the page).**

**9. Give the screens a rest #2 don't allow yourself to be bombarded with adverts encouraging you to spend yet more, before Christmas Day is even over.**

**10. Remember the people you miss in your own way: Talk about them. Display a photo. Hang a decoration on the tree in their memory.**

**The Samaritans**  
[www.samaritans.org](http://www.samaritans.org)  
24/7 365 days of the  
year. Call for free: 116  
123

**Childline:**  
[www.childline.org.uk](http://www.childline.org.uk)  
Call for free  
0800 1111

**SHOUT**  
If you are feeling low,  
anxious, worried, lonely,  
overwhelmed, consumed  
with negative thoughts  
text 'SHOUT' to 85258.

**The Trussell Trust:**  
Stop UK Hunger.  
Find a foodbank near you  
[www.trusselltrust.org](http://www.trusselltrust.org)

**Kooth**  
an online mental  
health community.  
[www.kooth.org](http://www.kooth.org)

**Women's aid**  
Domestic violence  
support.  
[www.womensaid.org.uk](http://www.womensaid.org.uk)  
<https://chat.womensaid.org.uk/> For advice  
and support, not for  
emergencies.

**Remember: If you are worried  
about the safety of yourself or  
another person at any time call  
999**

Wishing you a Happy, Holy and Peaceful Christmas!