

BC Wellbeing News

CHRISTMAS EDITION

December 2022

"It's the most wonderful time of the year!"

We sincerely hope Christmas is a wonderful time for you and your families, as Christians around the world celebrate the Saviour's birth and people of all religions and none gather take time out from their busy lives to gather together for valuable family time. But we know that for some Christmas can be a very challenging time.

Perhaps this year, with the economic situation, finances are more of a worry than ever.

Perhaps someone special will be missing this year?
Perhaps you anticipate family tensions?
Not everyone will be relishing several days inside, with their regular routine broken.

We've gathered some great suggestions from various sources and put together our own 12 tips.

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.

3. Give yourself some space. Take some time out with a book, do some mindfulness colouring or go for walk.

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

5. Give the screens a rest. #1 You don't need to be comparing your family's Christmas with airbrushed versions in the media.

6. Do something for someone else: Help with the meal preparation? Wrap some presents? Offer to collect some shopping for someone?

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 or spend some quiet time in prayer or meditation.

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.

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.

11. Before or after the bog day, have a clear out of things you no longer need. Can you donate some warm clothes, book or toys you no longer need to a local charity?

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

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?

FREE FESTIVE FUN

Enjoying time with loved ones should take precedence over spending. Whether you want to make a Christmas card for someone special, play party games, why not try some cost-free activities to fill your house with laughter?

The NSPCC has a wonderful selection of activities for families to enjoy. Why not take a look?

<https://www.nspcc.org.uk/support-us/christmas-family-activities/>

Get outside for some fresh air and stretch those legs!

Mental Health UK have devised a winter walkabout- a scavenger hunt for everyone from the very youngest to the oldest in the family to enjoy.

Keeping Safe online

Over the festive period it is likely that children will spend more time using devices and engaging with the ever-changing online world. Keeping children safe can be an absolute mine field, and parents and carers do have a responsibility to be proactive in having open discussions with their children and in monitoring their online activity.

Below is a brief guide to help parents/carers navigate some of the online risks, whether your child is gaming or making other use of social media.

Gaming:

Online games can be a great way for children and young people to keep busy and stay in touch with friends and family, but it's important that they play safely.

Things to consider if your child games online:

- What is the age range of the game?
- Does the game allow them to friend and chat to others?
- Can they 'in-game' purchase?
- Are there scams?
- Do you know how to report a problem?

Also, if you have more than one child in your home, be aware that games suitable for one child to play or watch, may not be suitable for another.

Social Media:

Social media is great for connecting people together and sharing information. However, it can be a dangerous and daunting place for young people.

Things to consider if your child uses social media:

- Do you know the age they have to be, by law, to have the account? In most cases this is 13.
- Who is in their friend list or followers?
- What are they sharing on their account?
- Is their location made available?
- Who is contacting them via private or direct message?

Inappropriate images and comments can be very damaging to any young person and it is advisable to talk to your child and ask them to share the content of their social media accounts with you.

For more information, please take a look at the NSPCC's guide for parents/carers:

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/#guides>.

5 Ways to Wellbeing

Scavenger Hunt: Winter Walkabout

The **5 Ways to Wellbeing** are a good starting point when thinking about ways to support your own mental health.

Going on a winter walkabout and looking for items listed on the scavenger hunt below is a great way of taking notice and being active!

Make sure to wrap up warmly! Why not take a flask of a hot drink with you for a warming rest stop during your walkabout?

☐ Something soft

☐ Something beautiful

☐ Two different types of evergreen leaves

☐ An icicle

☐ A little robin red breast

☐ A pinecone

☐ Something covered in frost

☐ Animal tracks

☐ A winter flower

☐ A sprig of holly

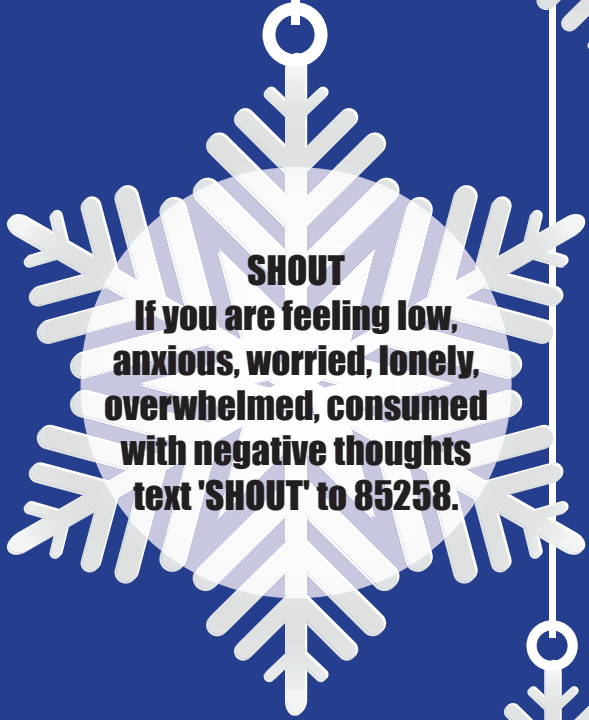
☐ **Bonus find!** Bright bobble hats!
How many of the loudest, brightest bobble hats can you count on your walkabout? (Yes, your own bright bobble hat counts!)



The Samaritans
www.samaritans.org
24/7 365 days of the
year. Call for free:
116 123



Childline:
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

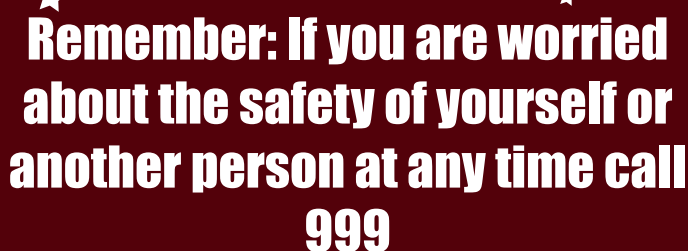
[www.trusselltrust.org/
get-help/find-a-food-
bank/](http://www.trusselltrust.org/get-help/find-a-food-bank/)



Kooth
an online mental
health community.
www.kooth.org



Women's aid
Domestic violence
support.
www.womensaid.org.uk
[https://chat.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!