

# Wellbeing Wednesday

ISSUE 12: Christmas & Mental Health

## A Christmas Message

*I don't remember what I had for Christmas at 5,7 or 10. I do remember the fairy lights and leaving Santa a mince pie. I remember the tin of chocolates being passed around and playing games. It's the memories that make the magic not the gifts. Don't put you self under unnecessary pressure this Christmas, love and time is all that is needed and a decent roast potato, obviously!!*

## Look after yourself and each other

Whether or not Christmas is part of your life, your mental health might be affected by it happening around you. It's a time of year that often puts extra pressure on us and can affect our mental health in lots of different ways. Please see the additional resource for tips on how to cope with Christmas



Additional  
Resource

Tips for coping during  
Christmas

[Christmas coping tips - Mind](#)