

Wellbeing Festive Self Care Kit



If you find Christmas a difficult time for whatever reason, why not try something different?

Does your Christmas not match those you see on films?

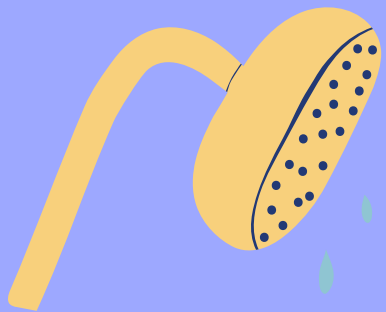
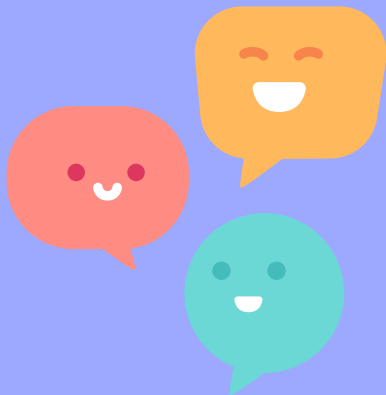
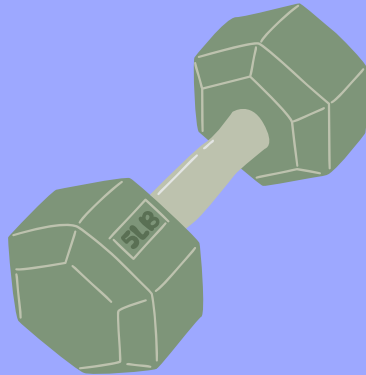
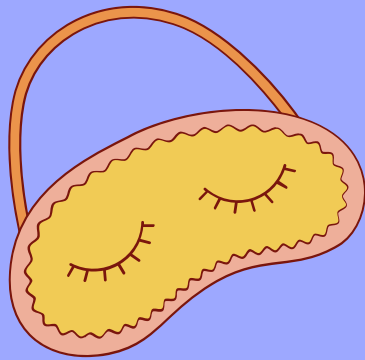
Whose does?

Take the down-time to take care of YOU.

Have a look at the Festive Self Care Kit



Self Care Ideas



Build your own

Wellbeing Festive Self Care Kit



Wellbeing Festive Self Care Kit

Be gentle and patient with yourself.

It might help to think about what's best for your wellbeing during Christmas.

Take time out.

Try out some new traditions.

Let people know if you're struggling.

Do something to distract yourself.

You could try learning a new skill.



Helplines

- Call 116 123 to talk to Samaritans, or email: jo@samaritans.org for a reply within 24 hours
- Text "SHOUT" to 85258 to contact the Shout Crisis Text Line, or text "YM" if you're under 19
- You can call SANEline on 0300 304 7000
- You can call CALM on 0800 58 58 58
- Text SHOUT to 85258