

## Alec Hunter Emotional Wellbeing Briefing – Christmas Edition

Dear all, welcome to our Christmas emotional wellbeing update for families, which will hopefully supply ideas and support for you and your loved ones over the Christmas break and into the new year.

According to a British Government survey, two in five people say their mental health improves during the Christmas period. However, a quarter of the population find Christmas more challenging than the rest of the year.

The Christmas break gives us the opportunity to take some time to relax and reflect on our lives and the people that are important to us. Try this Christmas wellbeing activity: Create an advent calendar for the 12 days of Christmas filled with the successes you have had this year and the challenges you have overcome! Do this as one calendar for all the family, or create individual calendars for you and the children, helping to reflect on their successes.

“I don’t think Christmas is necessarily about things. It’s about being good to one another.”

– Carrie Fisher, Actress

### What can you do to help support the young people in your lives over Christmas?

For coping strategies to help you manage your emotions through the festive period.

<https://www.youtube.com/watch?v=5EXpkVw3fh0>

1. **Be present** – it can be easy to become distracted by the Christmas celebrations, but try to focus on the people you love and let them know how much you care about them.
2. **Maintain a balanced diet** – remember to eat a balanced diet and stay hydrated.
3. **Get some fresh air** – this will help you us relax and slow down during this busy time of year.
4. **Plan ahead** – reduce feeling of being overwhelmed by planning your Christmas celebrations and not trying to squeeze in too much!
5. **Be kind** - Christmas is all about connecting with each other. If someone in your life is having a challenging time, listen to them without judgement and offer support if you are able to.



### Where to go for further support?

### Signs of poor mental health and wellbeing

- NHS - <https://www.nhs.uk/conditions/stress-anxiety-depression/talking-to-your-teenager/>
- Kooth - <https://www.kooth.com/>
- YoungMinds - <https://youngminds.org.uk/> or for crisis support, text message YM to 85258
- Samaritans - <https://www.samaritans.org/> or for crisis support, call on 116 123
- Childline - <https://www.childline.org.uk/> or for crisis support, call on 0800 1111
- Mind advice for over Christmas – <https://www.mind.org.uk/information-support/tips-for-everyday-living/christmas-and-mental-health/useful-contacts/>

- Continuous low mood.
- Change in appetite or sleeping patterns.
- Talking about feelings of hopelessness.
- Being more irritable and intolerant of others.
- Showing little or no enjoyment of things they were once interested in.
- Increased social isolation or becoming withdrawn.

Please find further advice and guidance on support agencies through our Emotional Wellbeing page at [www.alechunter.com](http://www.alechunter.com).

Wishing you all a very Merry Christmas.

