

Wellbeing Newsletter

wellbeing@ous.e-act.org.uk

December 2025

Looking after yourself over Christmas

If you're struggling with your mental health right now:

mellow doodles

INSTEAD OF:

Critical self talk

Pushing & pushing

Trying to do it all

Overthinking

Your normal workload

TRY:

Celebrating small wins

Taking a nap or rest

Asking for help

Listening to an audiobook or podcast

Setting 3 realistic goals per day

WHAT I CAN CONTROL:

by mellow doodles



How much news I read & watch



How much time I spend on social media



Where I direct my energy



How I speak to & treat other people



How I choose to self soothe



The decisions I make



How I handle my own feelings



How I look after myself

WHAT I CAN'T CONTROL:



How other people behave



How other people feel



Other people's thoughts & ideas



Other people's decisions

Triangle Breathing



If you feel yourself getting a bit overwhelmed or upset during the holidays, take five to ten minutes away from everyone.



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Ask for Help

Let your family, friends, and teachers know if you are struggling so that they can support you.

If you're feeling overwhelmed and need to talk:

- Text 'Shout' to 85258 for free to speak to someone at Shout
- Call 0800 1111 to speak to Childline, or visit [childline.org.uk](https://www.childline.org.uk) for their free online chat
- Visit [place2be.org.uk/help](https://www.place2be.org.uk/help) for more advice

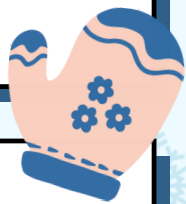
Links

Helping teens cope with holiday stress

<https://genmindful.com/blogs/mindful-moments/helping-teens-cope-with-holiday-stress>

Coping with loss at Christmas

<https://www.youngminds.org.uk/young=person/blog/coping-with-loss-at-christmas/>

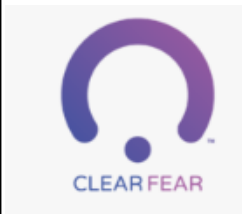


Apps

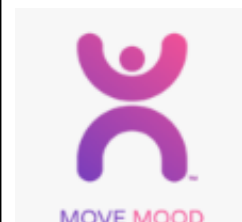
[stem4.org.uk](https://www.stem4.org.uk)



Calm Harm is an app to help teenagers manage or resist the urge to self-harm.



Clear Fear is an app to help children and young people manage symptoms of anxiety.



Move Mood is an app to help teenagers manage low mood and depression.

