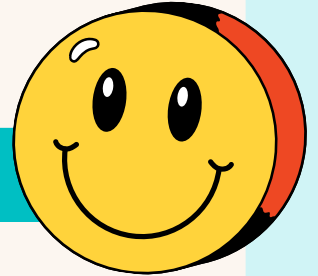




NEW

Welcome to your Wellbeing Newsletter



Welcome to the first issue of our new Wellbeing Newsletter. This one is our Christmas Edition! We have put together a few tips and techniques to help support you through the Christmas holidays. We recognise that Christmas is not always the 'happiest' time of the year and you are not alone, there is always somewhere you can reach out for help and support.

We hope that you find time and space to rest and recharge. We hope you know you are deserving of it. And in a world which tells us that being busy and productive is the goal, we hope you know that rest is not indulgent, it is a necessity.



WELLBEING TIPS

wellbeing@ousedale.org.uk

December 2023

LOOKING AFTER YOURSELF ★ OVER CHRISTMAS

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

mellow doodles

INSTEAD OF:	TRY:
Critical self talk	Celebrating small wins
Pushing & pushing	Taking a nap or rest
Trying to do it all	Asking for help
Overthinking	Listening to an audiobook or podcast
Your normal workload	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
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APPS TO TRY:

Calm Harm:

A free app to help teenagers resist or manage the urge to self-harm

www.calmharm.co.uk

[@calmharmapp](https://www.instagram.com/calmharmapp)

Clear Fear:

A free app to help children and young people manage the symptoms of anxiety

www.clearfear.co.uk

[@clearfearapp](https://www.instagram.com/clearfearapp)

Move Mood:

A free app to help teenagers manage low mood and depression

www.movemood.co.uk

[@appmovemood](https://www.instagram.com/appmovemood)

Worth Warriors:

A free app to help young people manage low self-worth, poor body image and related eating disorders

www.worthwarrior.co.uk

[@worthwarriorapp](https://www.instagram.com/worthwarriorapp)



LINKS:

Youtube suggestion:

https://www.youtube.com/watch?v=nVQFN_yIUgM

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WELLBEING TIPS

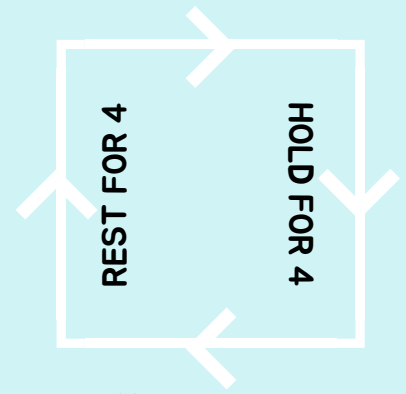
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December 2023



BOX BREATHING:

INHALE FOR 4



EXHALE FOR 4

GROUNDING TECHNIQUE FOR ANXIETY OR PANIC:

5 

Things that
you can see

4 

Things that
you can touch

3 

Things that
you can hear

2 

Things that
you can smell

1 

Emotion that
you feel

COPING WITH GRIEF AT CHRISTMAS

Whether it's your first Christmas without someone, or they died many years ago, you might find that your grief is more intense throughout the holiday season. If you're struggling to cope with the sadness, anger or any other emotion brought up during this time reach out for help if needed.

<https://www.sueryder.org/how-we-can-help/bereavement-information/support-for-yourself/christmas>