



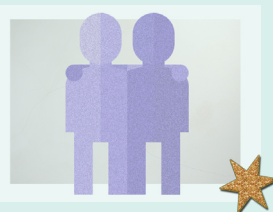
1 Spending time alone:

Sometimes it can feel like there is a lot of pressure during the holidays to entertain your loved ones and participate in games and discussions. Don't forget that it is always okay to take some time, relax, and do something just for you.



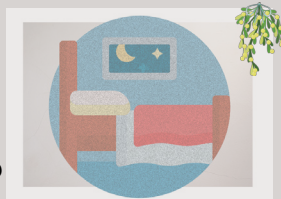
2 Spending time with supportive people:

Whether it's a loved one or a volunteer, we all need someone to support us when we are low. Follow your instincts; if you can relax and be yourself with them, chances are they are supportive.



3 Sleep:

Sleep is often one of the first things to slip when we are busy, stressed or anxious. If you can, think of the holidays as a chance to recharge your batteries and get your energy back up for the new year. You deserve a lie-in!



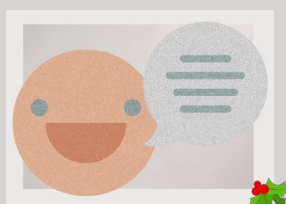
4 Sharing your feelings

We understand that, for lots and lots of people, the holidays are a really difficult time. The 'merry' Christmas we all wish for each other isn't always a reality, so, if you feel like crying, that is totally fine. Sometimes this feels much better than hiding how you really feel.



5 Self-talk:

Positive self-talk can help us feel more confident and challenge the negative thoughts that harm us. For example, if you feel self-critical, think about how you would reassure a friend in a similar situation, then apply that to yourself.



6 Seeking help:

Our urgent help page has information on who you can call over the holidays. Remember, if you need help then you deserve to get it. Asking for help when you need it is a really brave step and an important part of self-care. You can find all our mental health resources at onmymind.info.

