

Christmas Holidays: Well-being Tips!



It's important to look after your body and mind during the festive period. Here is some helpful advice on how to keep your mind active and calm...



KEEP A
ROUTINE!

Try and check in on friends and family every now and then - ask them how they are or go and see them!



DO
SOMETHING
YOU ENJOY!

It doesn't need to be expensive! It's the thought that counts. A card or flowers could help you and someone else feel good this Christmas too!



REWARD
YOURSELF!

It's important to eat and sleep regularly when away from school. Keep to a daily schedule to keep your mind and body healthy.



KEEP IN
TOUCH!

If it's listening to music, playing video games or something creative that you enjoy - make time to keep up with your interests.



GIVE A
GIFT!

Celebrate the little things! You are doing great! Little treats here and there are necessary for keeping your brain happy! (Even if it's just a lie-in...)

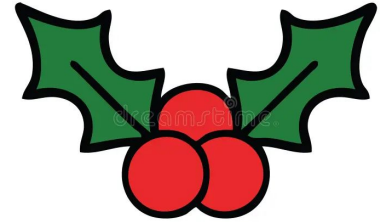
Merry Christmas from the Mental Health Ambassadors!



Here are some of our activity ideas to try over the Christmas holidays

Yummy Christmas recipes to try!

https://www.bbc.co.uk/food/collections/easy_christmas



Festive films to watch: (all on BBC iPlayer)

- ~ Nativity!
- ~ The Snowman and the Snowdog.
- ~ Miracle on 34th Street.
- ~ Jingle All the Way.
- ~ A Christmas Carol.

