



GFPS Wellbeing Newsletter

Welcome to our wellbeing newsletter. Below are ideas with helpful web links support your child's wellbeing.

Mental health doesn't take time off at Christmas, and with all the added stresses that can come with the festive season (especially this year!) it's very important to care for your wellbeing. Here are some tips to look after yourselves during the Christmas period.



Plan ahead

Avoid unnecessary stress over the festive season by planning as much as possible in the run up to Christmas and being careful not to take on too much. You're not being selfish by saying "no" to some things or asking for some help. For example, if you're hosting Christmas dinner, could you ask some of your guests to bring a starter or dessert?

Make time for you

At Christmas it can be all too easy to get swept up into other peoples' ideas of fun. It's important to make sure that you do something you want as well – this is your holiday too!

Pace yourself

Give yourself time to relax over the Christmas period – don't be afraid to take time out to go for a walk, listen to music or have a nap if you need it.

Get outside

Going for a wintery walk – even if it's just around the block – can be the perfect way to get some fresh air and exercise along with a change of place. Being in the same house for too long can get a bit intense, so a change of scenery will do everyone good!

Try to eat healthily

While it's normal to over indulge a bit over Christmas, try to keep your family's diet as balanced as possible with lots of fruit and vegetables. This will help you to avoid energy lows that can have an effect on your mood.

Get enough sleep

Feeling sleepy can also leave you feeling low, so try to keep to regular sleep patterns as much as possible over the Christmas period.

Talk to someone

If you're worried about Christmas or feel overwhelmed or under pressure, don't be afraid to talk to someone about it. Have a chat to someone you trust.

Keep active

Exercise can be great for mental health and there are still ways to keep it up over Christmas! Have a boogie to some festive classics or head outside for a walk in the fresh air. If we're lucky enough to have a white Christmas, you could even get some people together for a snowball fight or go sledging (restrictions permitting)!



Wish Jar – Naturally, during this time there will have been a list of things we had planned to do that for the foreseeable future, we cannot do. These may have been trips far or near, birthday parties, family celebrations... the list goes on. Rather than focussing on what currently can't be, start collecting these wishes in a jar. The items can be as simple as you like, whatever you feel you are missing out on right now. As a family you could decorate the jar together beforehand; make it special, make it yours. Then label it accordingly: "Our Wish Jar, The world awaits" – whatever gives

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you and your family some exciting things to look forward to together!



Kindness Challenge for December - As a family think of three things each that you are looking forward to doing together in 2021 and share them to see what exciting ideas you all have!



Places for Wellbeing support and advice



This website from the NHS offers expert advice and practical tips to help you look after your child's mental health and wellbeing as well as the rest of the family. <https://www.nhs.uk/oneyou/every-mind-matters/>



Young Minds – <https://youngminds.org.uk/>



Self-care tips for children and adults
<https://www.bbc.co.uk/bitesize/articles/z8xpm39>



Fun child-friendly yoga stories for relaxation
<https://cosmickids.com/watch/>