

Supporting your Mental Health Over the Festive Holidays

Its ok for Christmas to feel difficult...

(or fantastic, lonely, sad, tiring, fun, lonely, wonderful, fantastic, overwhelming, boring or any other emotion you may feel)



We've all had a lot to deal with this year and its ok if the holidays don't feel as good as normal, or even if it always feels difficult at this time of year. Its equally ok to have a good time, even if bad things have happened.

Here are some different places to access support and information if you feel this would be helpful. Remember you are not alone.



Anna Freud
National Centre for
Children and Families



SEASONAL

Self-care

SURVIVAL KIT

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.



If you find yourself feeling stressed, overwhelmed, or even just bored, there are over 90 self care suggestions here:

<https://www.annafreud.org/selfcare/>

If you have a difficult relationship with your family, Christmas can highlight this even further. Find some information about navigating this here:

<https://youngminds.org.uk/blog/navigating-christmas-if-you-have-a-difficult-relationship-with-your-family/>

If you have lost someone close to you it sometimes feels even more difficult around Christmas. Find help and support around loss here:

<https://www.hopeagain.org.uk/>

<https://www.winstonswish.org/supporting-you/ask-a-question/>

<https://www.annafreud.org/on-my-mind/dealing-with-loss-and-bereavement/>

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

If you're finding it difficult to sleep, there is loads of information, including a great ebook available here:

<https://teensleephub.org.uk/>

If eating is something that you find difficult, for some people Christmas can be especially stressful. Find some support and information here:

<https://firststepsed.co.uk/coping-with-the-festive-period/>

If your struggling with the current coronavirus restrictions there is information and support here:

<https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/#i'm-worried-about-how-the-pandemic-will-affect-the-holidays>

<https://www.annafreud.org/insights/blogs/2020/12/how-to-manage-your-mental-health-during-the-continuing-coronavirus-restrictions/>

Want to overcome anxiety?



Apps



For general mental health care you could also access these services for information or support



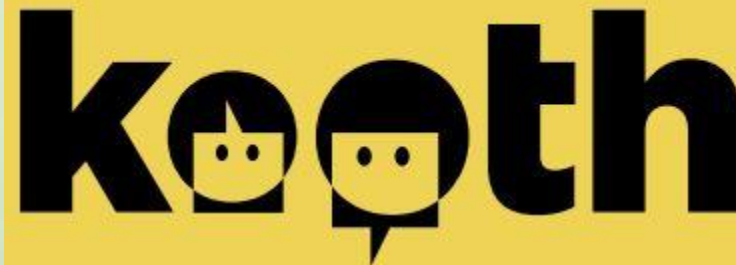
CALM HARM
for self harm management



YOUNG Mi MINDS

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111



**Free online counselling
support for young people!**



01332 207704

INFO@DERBYSHIRELGBT.ORG.UK





We all look forward to seeing you back at school in January

SEE YOU SOON!