

Tip sheet

Christmas – to survive or enjoy?

Christmas is fast approaching, but the holiday season can often bring unforeseen stressors. So, what can we do to optimise our wellbeing around Christmas?



8 tips for financial sanity

1. Pay your essential bills first
2. Decide before going shopping how much you can spend. Try writing it down!
3. Make use of sales and specials
4. Discuss gift buying/giving with your family
5. Consider home-made gifts
6. Vouchers are a great way to give an experience to be shared later
7. If you are hosting Christmas dinner, ask others to bring a plate or something to drink
8. Remember the expenses that will come in January and the back-to-school cost to be covered.

Wellness strategies

Physical health

- Get adequate sleep
- Enjoy enlivening exercise
- Form good nutritional habits
- Maintain appropriate weight
- Learn deep breathing
- Pace yourself.

Mental health

- Take time to laugh
- Make time to read or enjoy hobbies
- Do activities that use both sides of the brain
- Deal with and heal unresolved feelings
- Accentuate the positive and reduce the negative
- Forgive yourself for being human
- Prioritise and set goals - manage your time
- Be spontaneous – live in the now.

Whanau / relational health

- Make time to enjoy your family and friends
- Take responsibility for your own feelings
- Develop communication skills
- Deal with conflict openly and honestly
- Negotiate roles and expectations
- Forgive others for being human too
- Learn to say no.

Spiritual health

- Develop an awareness of the connectedness of creation
- Be clear about the values that guide your life
- What is it that gives your life meaning and hope?
- Practice prayer/meditation.

Contact

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