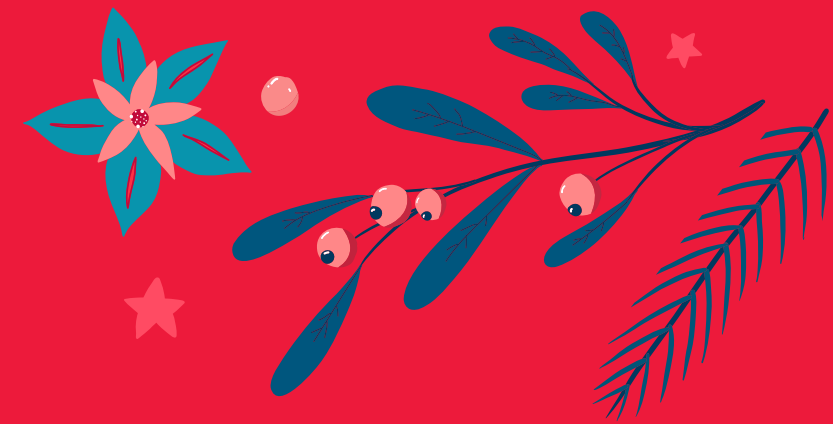




12 Wellbeing Tips for the Festive Season



1. Maintain balance

The festive season is often a time for eat, drink, repeat. The key to success is moderation and knowing your own limits.



2. Take time out and practice being present

The lead up to the festive season can be exhausting. Try a guided meditation or breathing exercise so you don't miss the moments.



3. Do some housekeeping of your thoughts

Write them down in a journal and take some time to reflect on how your thinking makes you feel.

4. Movement

As simple as going for a walk in nature, movement keeps us healthy and can be healing for body and mind. Keep moving in a way that is energising for you.



5. Change of Environment

Try not to spend the entire day in a room. Go outside and soak up some sunlight (but not too much!). Vitamin D is crucial for your mental health.



6. Practice compassion

During the festive season we can sometimes feel disconnected. Reach out to someone who may not have family nearby or consider volunteering to connect and help those less fortunate. Self-compassion, being kind to yourself, is important too.

7. A strong support network

The holiday period can be overwhelming. Aim to spend time with people you can trust and confide in.



8. Maintain social connections

Be proactive with your relationships; reach out and meet up over coffee or lunch with friends and family.



9. Get plenty of sleep and rest

7-9 hours of sleep a night can improve your health significantly. Relaxation is different for different people, find what works for you and do it.

10. Reminisce

For those experiencing grief and loss, these feelings can be especially prevalent during the holidays. You might choose to reminisce with a good friend or family member about the person, pet or experience that is no longer in your life. It can be important to make space for these emotions.



11. Notice your feelings

Being in touch with your feelings can be a source of wonderful insight as to what you need more of, less of, same of. Practice emotional intelligence – include both how you feel and what you think in your decision making.



12. Practice gratitude

Take a moment to reflect and write down what you feel gratitude for. Keeping a gratitude journal can be a great practice to help you step back and focus on what is good in your life.

Newport & Wildman is here to support you through the holiday period and into the new year. Call us on 1800 650 204 or download the AccessMyEAP app.