

# MIND YOUR HEAD THIS CHRISTMAS

The festive period is often considered to be a time of joy, fun, and excitement, but it's worth remembering that Christmas-time can also be incredibly challenging for many people.

According to Action Mental Health, 1 in 3 people overspend on Christmas in Northern Ireland, with money worries ranking as the highest stress factor for this time of year. People may also feel overwhelmed by to-do lists, workload pressures, and family strains.

For those who have lost loved ones, Christmas can be very difficult, and many people report feeling more lonely and isolated at Christmas than at any other time of the year.

So, how can you support your own, and others', mental health this Christmas?

## Five Mental Health Top Tips for Christmas



TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED



DO WHAT YOU CAN,  
ENJOY WHAT YOU DO,  
MOVE YOUR MOOD



REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY



EMBRACE NEW  
EXPERIENCES,  
SEE OPPORTUNITIES,  
SURPRISE YOURSELF



Your time,  
your words,  
your presence



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