

Welcome

# Coping with Christmas

Tips for managing your wellbeing

Dr Katherine Potter, Head of Talking Therapies  
Tracey Booth, Lead Counsellor

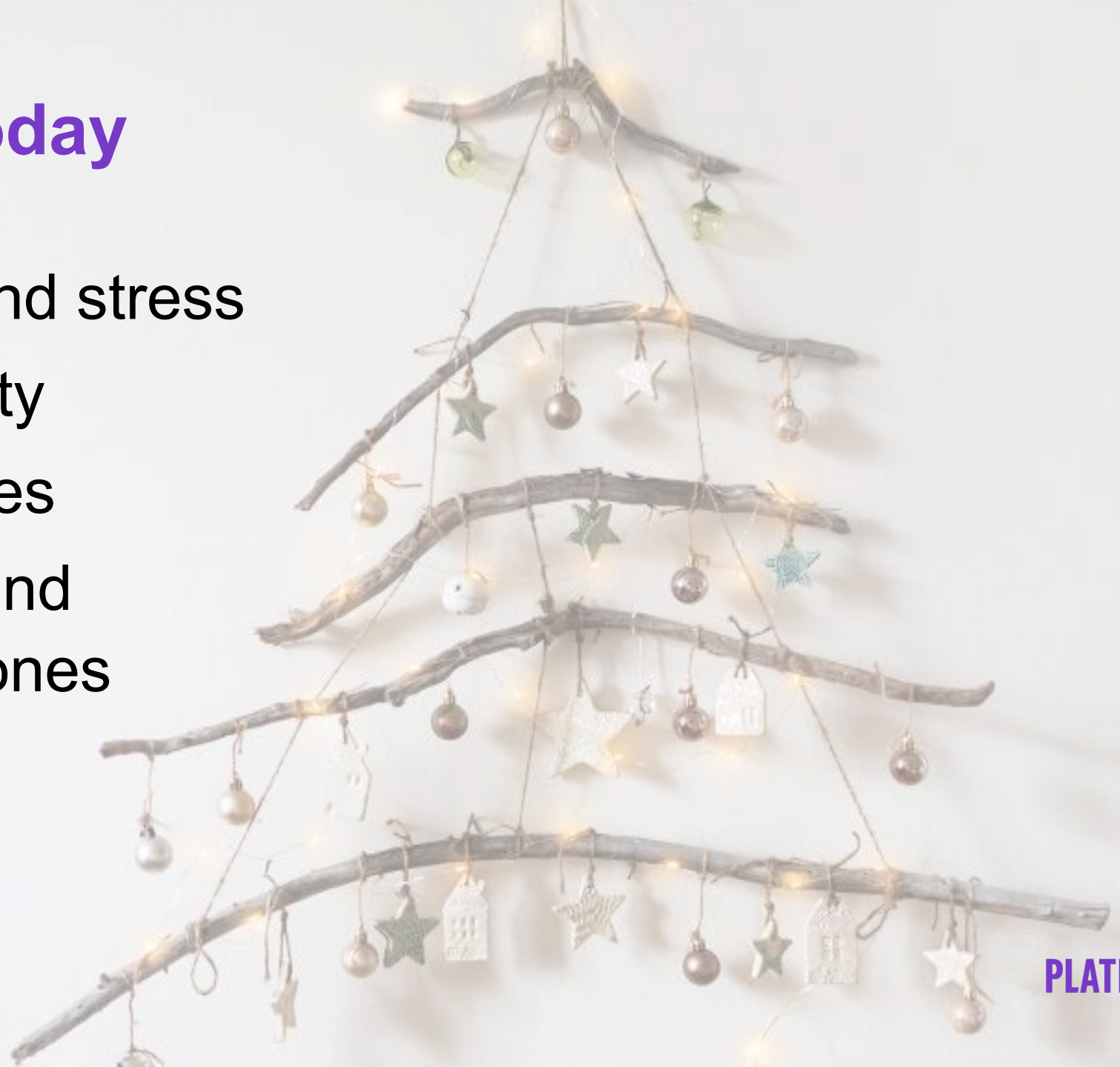
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# Themes for Today

- Expectations and stress
- Financial anxiety
- Family pressures
- Bereavement and missing loved ones
- Loneliness



# Tips for Coping with Stress at Christmas

- You get to choose what you do and who you spend time with at Christmas, it can be difficult, but you have the freedom to make those choices
- Take time for yourself and be kind to yourself
- Do things that you enjoy
- Try to eat a balanced diet and get enough sleep
- It is OK for you to say 'No!'

# Tips for Coping with Family Pressures

- Can you choose not to go? Use I statements.
- Could you leave early?
- Is there a safe person that you trust whom you could talk to while you are there?
- How will you look after yourself before, during and after the event? Take a walk, have a cuppa, do some mindfulness, watch your favourite episodes. Take time for yourself



# Tips for Financial Concerns

- Be mindful of other people's financial circumstances
- You get to decide what you want to spend your money on
- Look around, could you buy from a charity shop?
- Be aware of loan sharks who will charge extortionate amounts of interest
- Speak to support organisations to help with debt management, e.g National Debtline

# Tips for Coping with Bereavement

- Give yourself permission to feel your emotions, it is likely to be difficult
- Do something to honour the person and remember what they liked about Christmas
- Talk to someone you trust about how you feel
- Give yourself time to grieve as you need it
- It's OK not to be OK

# Tips for Coping with Loneliness

- Plan a routine for yourself, including whatever activities you enjoy
- Is there someone you can connect with at this time?
- Volunteer
- Call Samaritans





# Who is available for support over Christmas?



- Samaritans on 116 123
- Your local GP or out of hours service, NHS111 press 2
- C.A.L.L. helpline on [0800 132 737](tel:0800132737), or text **'help'** to [81066](tel:81066)
- [platformwellbeing.com](https://platformwellbeing.com)



# Talking Therapies

Book an online  
assessment between  
Christmas and New Year

[Book Here - Plattform Wellbeing](#)



**Any questions??**

Thank you for joining us.

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