Christmas Survival Guide

It's that time of year again when things can become that little bit more stressful. Here are some tips to help keep your stress levels out of the red zone

Take time out for yourself: Christmas is a time that's often jam packed with social occasions. This can be fun, but sometimes also a bit overwhelming so taking some time out for yourself is really important. Make sure that you recognise your limits and listen to your emotions. Some great ways to take time out can include going for a walk, playing with a pet, find a quiet place to relax, putting your headphones on and listening to music that makes you feel good.

Look after yourself: It can be easy to skimp on sleep and overindulge on treats during the festive season. Our mind and body need enough sleep, healthy foods and exercise to function well all year round so try to manage this so that things don't get too out of balance.

Dealing with family: if your family is split you might have to divide your time between your Mum and your Dad's place. Sometimes that can mean you have to travel and be away from other family and friends over the holidays which can be pretty hard to cope with. It might also be a time when your parents or family members seem to be fighting. To make this a bit easier, work out a Christmas plan. Talk with your parents about how or where you are going to spend your time. If your parents live close by, a suggestion could be spending lunch with one parent and dinner with the other. If one lives a bit further away perhaps you

We hope that you and your family and friends have a safe and happy Christmas. We look forward to working with you in the New Year

Our office will be closed from Friday 22nd December and reopening on Wednesday 3rd of January. If you need support during this time please contact the below services

Lifeline: 13 11 14

Kids helpline: 1800 55 1800

Or 000 if you need immediate assistance