

Just because it's Christmas, it doesn't mean your mental health and wellbeing has to be put on hold. A blogger on Young Minds has some useful tips for looking after yourself over the festive period.

Kendrick School

Christmas Wellbeing

Wellbeing

TAKE TIME OUT

It's so important to take time out every day, not just in the festive period. If you feel yourself getting a bit overwhelmed or upset, take five to ten minutes away from everyone on Christmas Day. Just have a bit of time to yourself. Christmas Day can be quite an overwhelming day, so allow yourself time to recharge.



A good night's sleep is so important when it comes to looking after your mental health. It's said that teenagers need an average of nine-and-a-half hours' sleep each night. When it comes to the festive period, ensuring you get enough sleep can become difficult due to things like late nights at home and parties.

To make sure you get back into your normal sleeping routine easily, try going to bed at normal times as the festive period draws to a close. This'll make getting up for school a lot easier and, in turn, will help your mental health a lot.

zzz
SLEEP

Physical activity releases a chemical called endorphins, which makes you feel good, so if you're feeling a bit overwhelmed or low at Christmas, why not go out for a walk? You could go on your own or with someone else or go for a bike ride or even a run.

EXERCISE



It's easy to say "Christmas is fun - just relax", but the reality is that relaxing can be tricky. Try doing things like yoga, breathing exercises or meditation to help you calm down if you're feeling a bit stressed over the festive period. Just because it's Christmas, it doesn't mean caring for your mental health has to be put on hold. You're allowed to take breaks and do things that perhaps don't involve the whole family. Mental health and physical health are equally important. If you fell over and grazed your knee on Christmas Day, you'd put a plaster on it. So if your mental health needs a plaster, you're allowed to do something about it.

RELAX

