

# Stay well this Christmas



MindWell

This year we're going to see a different sort of Christmas and many of us could be feeling anxious or stressed, or experiencing low mood or loneliness.

Whether you're celebrating or not, seeing family or on your own, worrying about health or finances, feeling peaceful or frazzled, there is help available right through the festive season, for you and everyone in Leeds.

You can find links below to self-care tips to help take care of your emotional wellbeing, support for difficult times and where to find help in a crisis.

## Making time for self-care is really important to help us stay well. Follow our links for some ideas.

- Christmas can be a busy time. If you feel overwhelmed, try breaking problems down or pick one task and focus on that: [www.mindwell-leeds.org.uk/coping-with-stress](http://www.mindwell-leeds.org.uk/coping-with-stress)
- Find ways to take time out for yourself: [www.mindwell-leeds.org.uk/coronavirus-self-care](http://www.mindwell-leeds.org.uk/coronavirus-self-care)
- Practise relaxation and breathing techniques: [www.mindwell-leeds.org.uk/relax](http://www.mindwell-leeds.org.uk/relax)
- Try mindfulness: [www.mindwell-leeds.org.uk/be-mindful](http://www.mindwell-leeds.org.uk/be-mindful)
- Eat nourishing food, cut back on alcohol and take regular moderate exercise: [www.mindwell-leeds.org.uk/coronavirus-physical-health](http://www.mindwell-leeds.org.uk/coronavirus-physical-health)
- Get a good night's sleep: [www.mindwell-leeds.org.uk/sleep](http://www.mindwell-leeds.org.uk/sleep)
- Try volunteering and help others celebrate: [www.doinggoodleeds.org.uk](http://www.doinggoodleeds.org.uk)
- Take a detox from social media.



## Find resources, information and support for help with worries and problems.



- Find help for debt or money worries: [www.leeds.gov.uk/leedsmic](http://www.leeds.gov.uk/leedsmic)
- Coping with bereavement or loss at Christmas can be hard: [www.mindwell-leeds.org.uk/bereavement-self-help](http://www.mindwell-leeds.org.uk/bereavement-self-help)
- Get tools to help cope with anxiety: [www.mindwell-leeds.org.uk/anxiety](http://www.mindwell-leeds.org.uk/anxiety)
- Find festive events for Leeds communities: [www.mindwell-leeds.org.uk/christmas-events](http://www.mindwell-leeds.org.uk/christmas-events)
- Find tips for safer drinking, see Forward Leeds: [www.forwardleeds.co.uk](http://www.forwardleeds.co.uk)

## Many people struggle at Christmas. Don't be afraid to reach out if you need help.

See [www.mindwell-leeds.org.uk/help](http://www.mindwell-leeds.org.uk/help) for details of helplines and places you can go for support, including opening times.

You can also download our resource **How to find help in a mental health crisis** for details of support available in Leeds for people in crisis. You can find it on the 'I need help now page': [www.mindwell-leeds.org.uk/help](http://www.mindwell-leeds.org.uk/help)



Follow our Winter campaign on Twitter [@MindWellLeeds](https://twitter.com/MindWellLeeds)

[www.mindwell-leeds.org.uk/christmas-toolkit](http://www.mindwell-leeds.org.uk/christmas-toolkit)

