

Staff Health Countdown to Christmas

1 Talk and walk with a colleague you trust today. Regular exercise can give your mental health a boost.

2 Click [here](#) for more information.



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To improve the quality of your sleep reduce screen time before bed time.

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Take a walk in nature and notice the season in your surroundings.

Register for your local parkrun and plan to walk/jog/run the 5k this coming Saturday and every Saturday at 9:30am. Click [here](#) for more information



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Pause for today and Start your kids on the way to a healthier life, click [here](#) for more info.

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Consider calling into a relative or neighbour who lives alone who may appreciate a visit.

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Go for a walk/run or swim with your partner or friend and discuss your Christmas plans.



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If you are sitting in work for long periods make sure you stand up and stretch every now and again.

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Invite colleagues to input to a hamper for a local charity – all contributions would be appreciated for those in need.

Encourage someone who is not active to join you for a short walk during your lunch or tea break.

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If you are struggling or stressed at work ask someone for help or offer your help to someone who may need it.

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You know exercise is good for you, but do you know how good? No matter what age you are, find out how regular physical activity can improve your life. Click [here](#) for more info.



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Try and plan your Christmas shopping in off peak times or online to avoid the heavy traffic and large crowds.

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Click [here](#) for RTE OT leaders for 2020 to see who you might follow in January

17 | 18



Socialising at Christmas can mean we are drinking more than usual. For tips on drinking less click [here](#)

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Send a note of thanks to some colleagues that helped you out during the year – this will make you both feel good!

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Take some time for yourself after work by reading a book, watching a movie or taking a bath to relax

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QUIT.ie

If you'd like 2020 to be the year when you or a loved one becomes an ex-smoker, visit [Quit.ie](#) today and sign up for a Quit Plan to help you stop smoking in January. Click [here](#) for more information.



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If you are working over the Christmas period, take some time out after work to plan a getaway break for yourself and a friend or a loved one

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Phone a friend that you are unlikely to catch up with over the Christmas to hear how they are doing and wish them a Happy Christmas

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If you are finishing up work make yourself a "to do list" for when you return to work, this will help you switch off over the holidays

Happy Christmas

Hope you have a healthy and joyous holiday



Seirbhís Sláinte Níos Fearr á Forbairt

Building a Better Health Service

