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.

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

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

5. 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.

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

7. Pause for today and Start your kids on the way to a healthier life, click here for more info.

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

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

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

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

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

13. 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.

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

15. Click here for RTE OT leaders for 2020 to see who you might follow in January.

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

17. Socialising at Christmas can mean we are drinking more than usual. For tips on drinking less click here.

18. Ask about alcohol.ie

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

20. 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.

21. 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.

22. 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.

23. 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.

24. Happy Christmas

Let us know how you are doing via social media on #StaffHealthCountdown