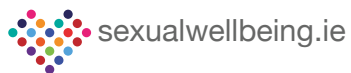
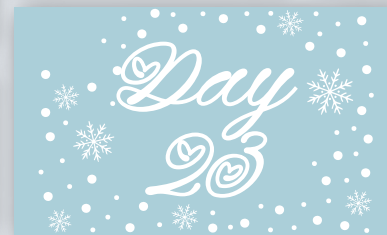
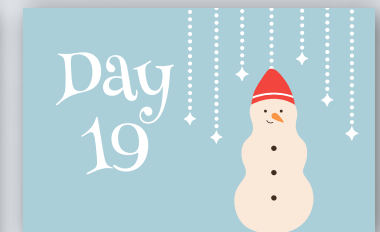
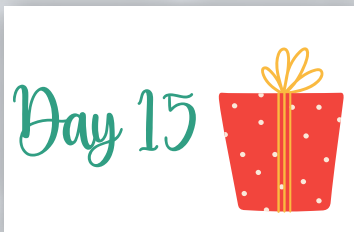
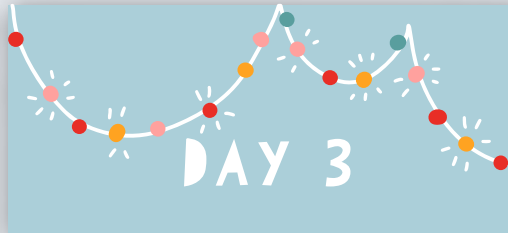
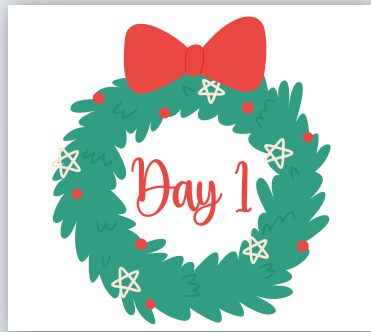




HSE HEALTH AND WELLBEING COUNTDOWN TO CHRISTMAS DECEMBER 2022



Click on each day to view message





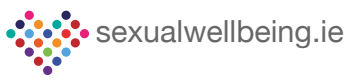
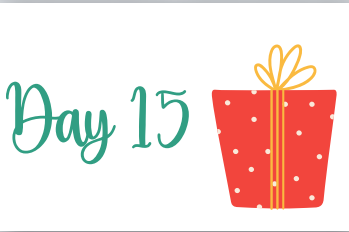
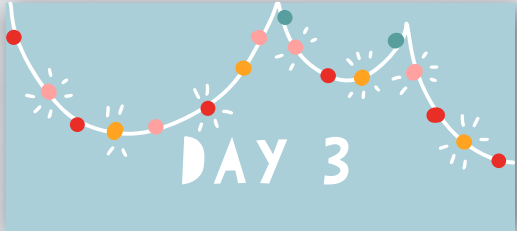
HSE HEALTH AND WELLBEING COUNTDOWN TO CHRISTMAS DECEMBER 2022



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01

Welcome to our Countdown to Christmas Calendar! Follow these daily tips to support your health and wellbeing as we embrace the festive season.





HSE HEALTH AND WELLBEING COUNTDOWN TO CHRISTMAS DECEMBER 2022



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02 **Day 1**

Do you 'Know Your Numbers' when it comes to your health and wellbeing? Download this handy wallet card [HERE](#); or order for free from [healthpromotion.ie](#)

DAY 3

Day 4

Day 5

Day 6

DAY 7

Day 8

Day 9

DAY 10

Day 11

Day 12

DAY 13

Day 14

Day 15

Day 17

DAY 18

Day 19

Day 20

Day 16

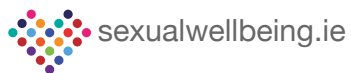
DAY 21

Day 22

Day 23

Day 24

DAY 25

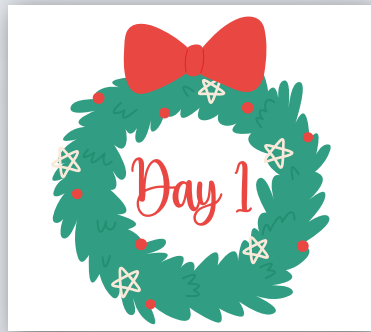




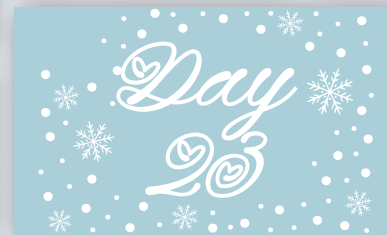
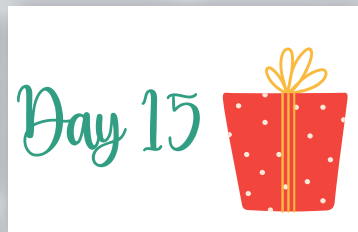
HSE HEALTH AND WELLBEING COUNTDOWN TO CHRISTMAS DECEMBER 2022



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03
Practising and expressing gratitude reminds us to appreciate all that we have. A simple way includes creating a 'gratitude journal' and writing down 3-4 things before bed that brought you joy that day.





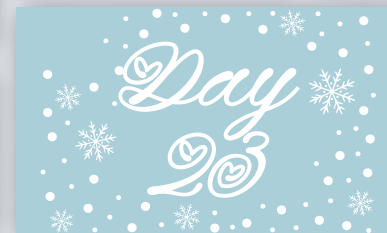
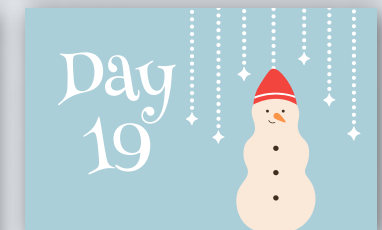
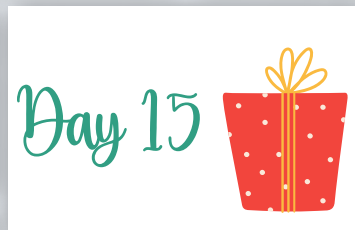
HSE HEALTH AND WELLBEING COUNTDOWN TO CHRISTMAS DECEMBER 2022



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04 Take inspiration from the HSE Health and Wellbeing webinars available on topics such as 'The Psychology of Health and Happiness' and 'Identifying Your Strengths'. [Watch them HERE](#)

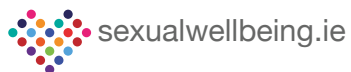
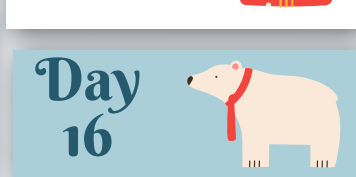
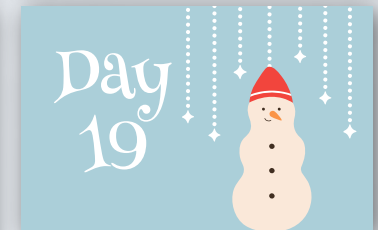
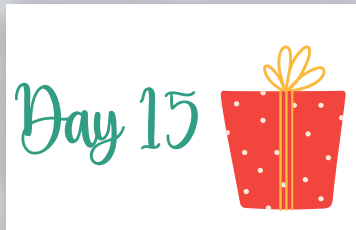
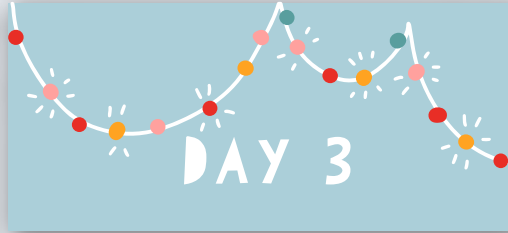




HSE HEALTH AND WELLBEING COUNTDOWN TO CHRISTMAS DECEMBER 2022



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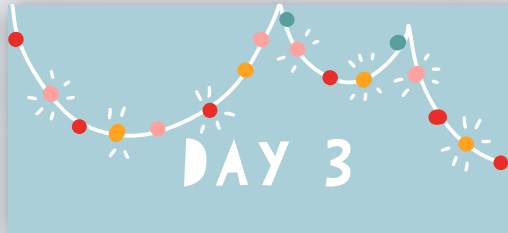




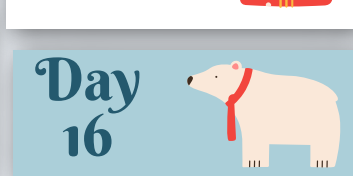
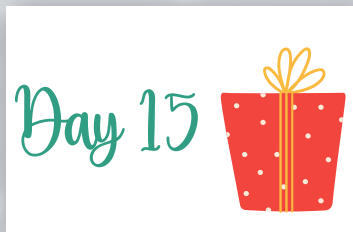
HSE HEALTH AND WELLBEING COUNTDOWN TO CHRISTMAS DECEMBER 2022



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06
Maintaining a healthy diet can be challenging when surrounded by festive feasts and tempting treats! Try to eat healthy, well-balanced meals. **These tips [HERE](#) will help.**

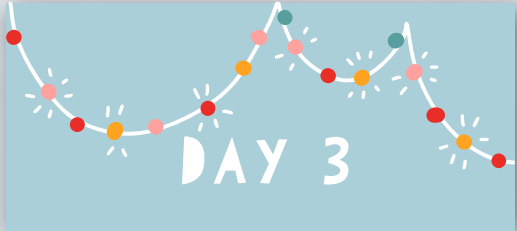




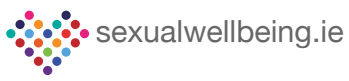
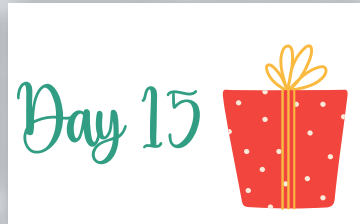
HSE HEALTH AND WELLBEING COUNTDOWN TO CHRISTMAS DECEMBER 2022



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07 The festive season can be lonely for some. Show compassion and demonstrate kindness by checking in on more vulnerable members of your community, such as friends or neighbours who live alone.

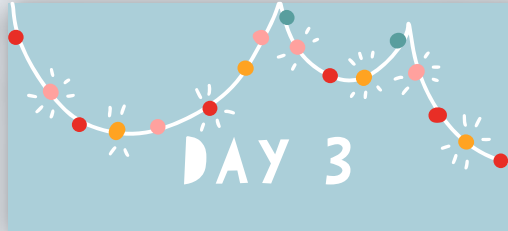




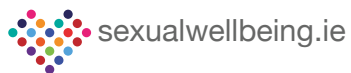
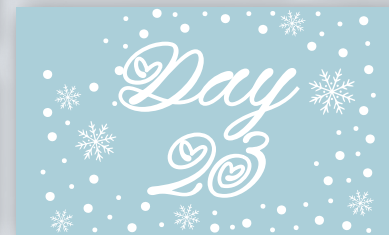
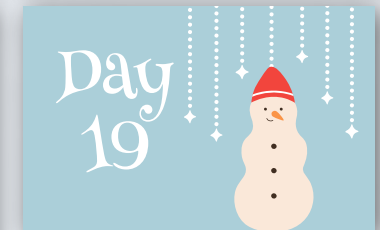
HSE HEALTH AND WELLBEING COUNTDOWN TO CHRISTMAS DECEMBER 2022



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08 Our physical health has a big impact on how we feel. Doing yoga, Pilates or strength & conditioning exercises can improve our physical health. Try our free online programmes [HERE](#)

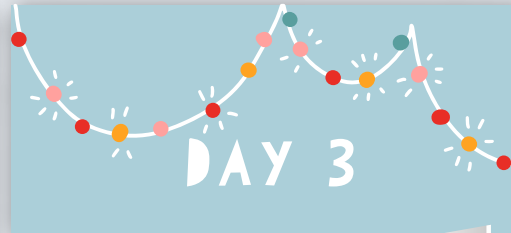




HSE HEALTH AND WELLBEING COUNTDOWN TO CHRISTMAS DECEMBER 2022

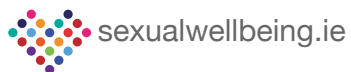
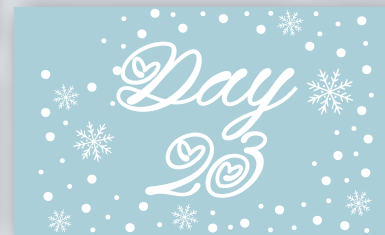
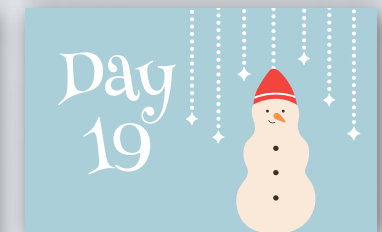
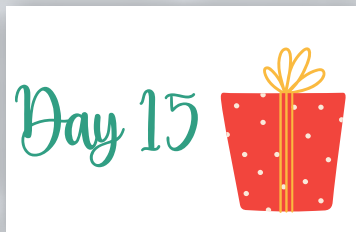


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09

Click [HERE](#) to access your 'Personal Happiness Planner', which will support you to set goals, create positive change, raise your energy and form new habits.

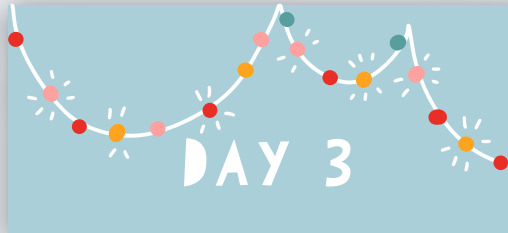




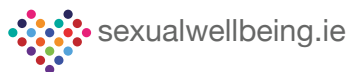
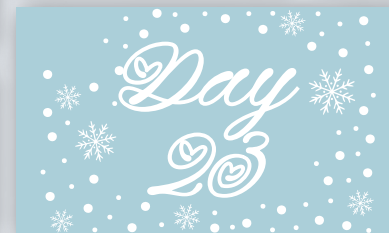
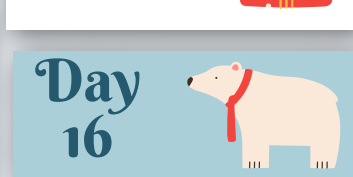
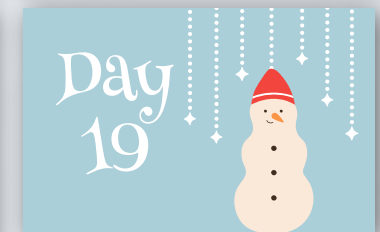
HSE HEALTH AND WELLBEING COUNTDOWN TO CHRISTMAS DECEMBER 2022



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10 Christmas is a time of year that can increase our exposure to alcohol. For tips on drinking less and tools to track your drinking habits visit [askaboutalcohol.ie](https://www.askaboutalcohol.ie)





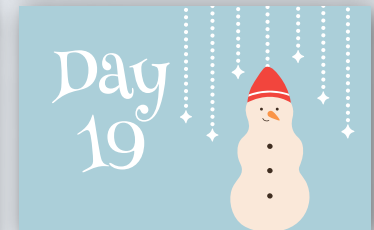
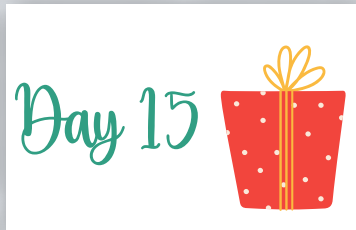
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11
Did you know that the arts (including visual art, theatre, literature, music and dance) can positively impact our health and wellbeing? Find out more [HERE](#)

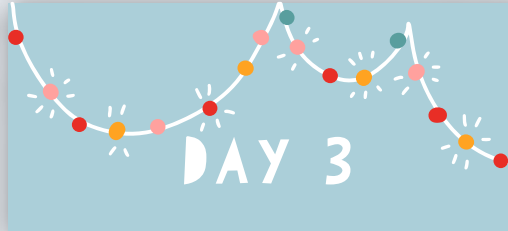




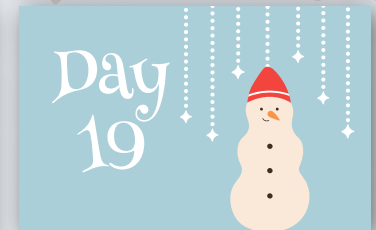
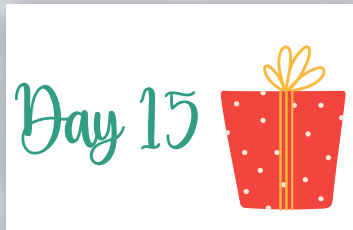
HSE HEALTH AND WELLBEING COUNTDOWN TO CHRISTMAS DECEMBER 2022



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12
Our online Christmas concert takes place on 21st December. Plan now to come and join us for the festivities. Book your place [HERE](#)

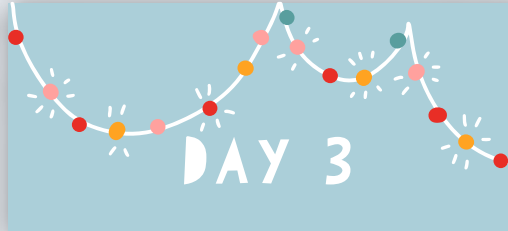




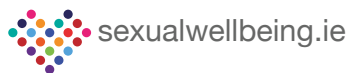
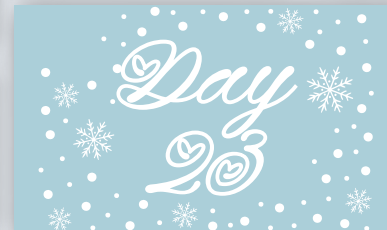
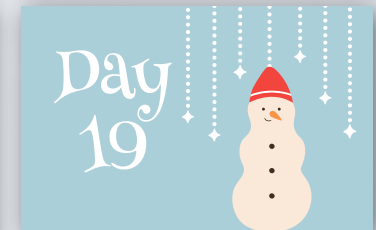
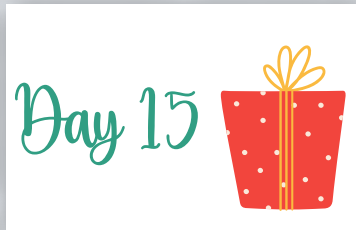
HSE HEALTH AND WELLBEING COUNTDOWN TO CHRISTMAS DECEMBER 2022



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13 The busy festive season brings with it additional tasks for our 'to-do' list. Ease feelings of stress and embrace the Christmas chaos with our tips [HERE](#).

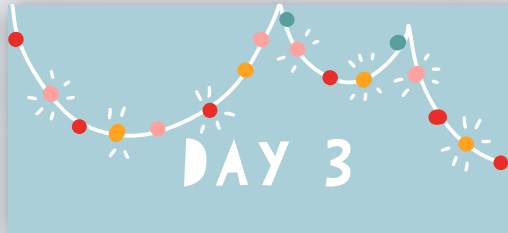




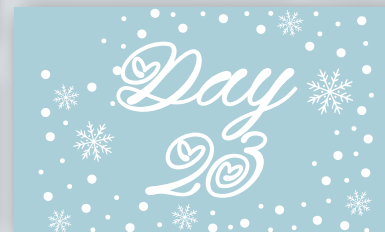
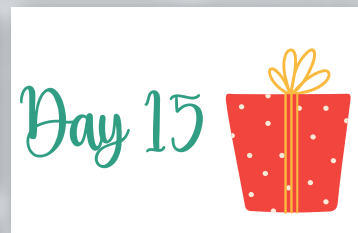
HSE HEALTH AND WELLBEING COUNTDOWN TO CHRISTMAS DECEMBER 2022



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Doing something creative, such as cooking and baking, can enhance our mood. safefood's '101 Square Meals' recipe book has a wide range of delicious dishes to try. Available [HERE](#).

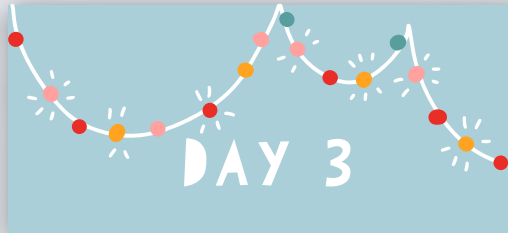
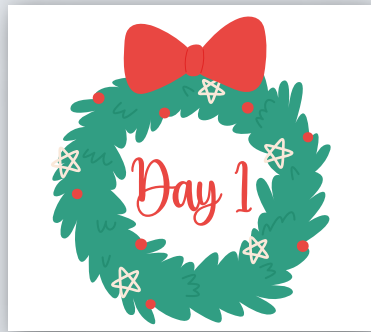




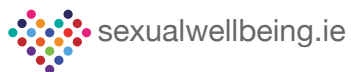
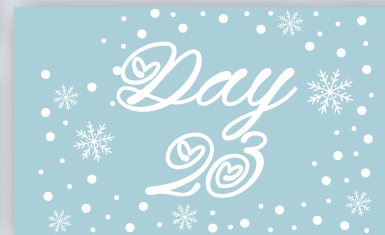
HSE HEALTH AND WELLBEING COUNTDOWN TO CHRISTMAS DECEMBER 2022



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15
Play it safe this Christmas and throughout the year. Visit sexualwellbeing.ie for information on your sexual health and wellbeing.

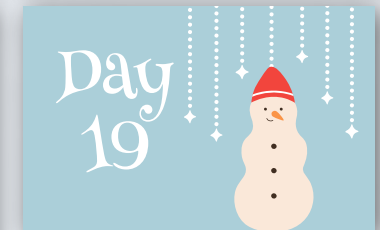
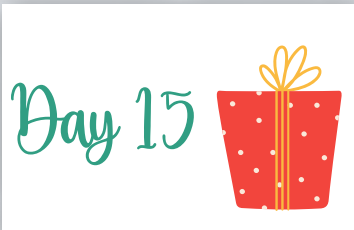
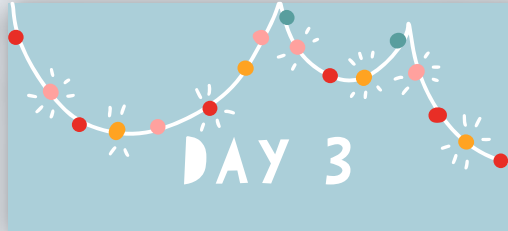




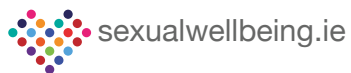
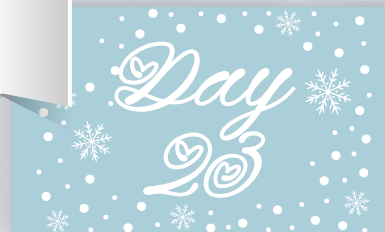
HSE HEALTH AND WELLBEING COUNTDOWN TO CHRISTMAS DECEMBER 2022



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16 Connecting with nature can benefit our mental health. Wrap up and explore your local [Slí na Sláinte](#) route, [Greenway](#) or [Parkrun](#) this festive season.

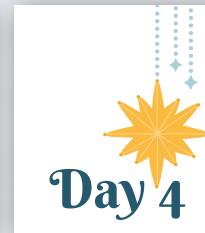
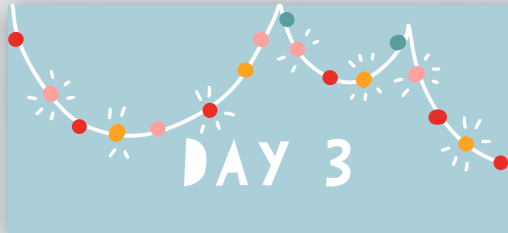




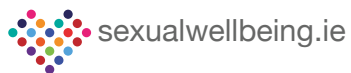
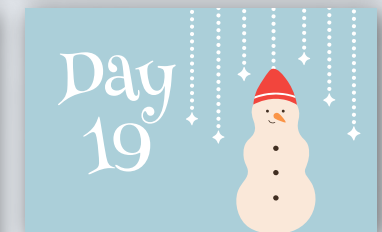
HSE HEALTH AND WELLBEING COUNTDOWN TO CHRISTMAS DECEMBER 2022



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If managing your weight and health is your goal for the New Year, the HSE's guide to developing healthy habits can support you. [Click HERE](#)

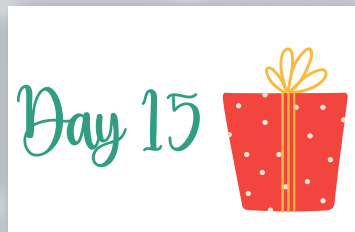
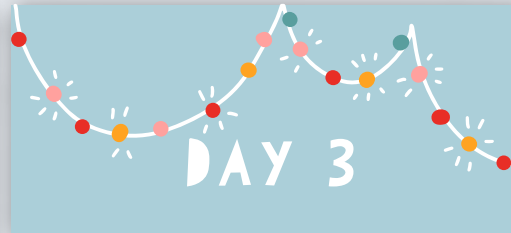
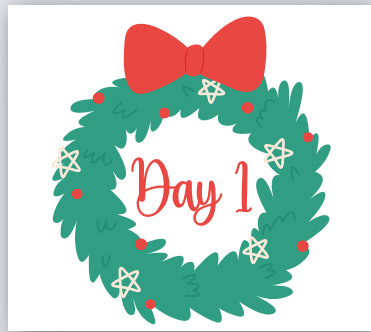




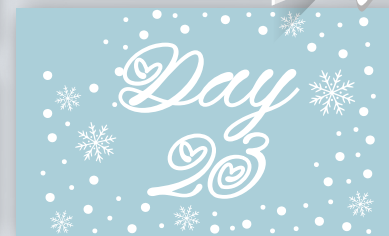
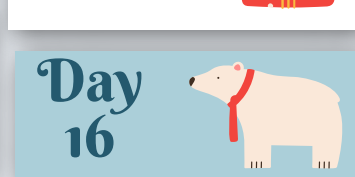
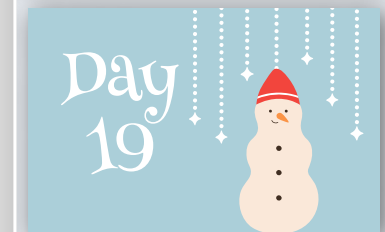
HSE HEALTH AND WELLBEING COUNTDOWN TO CHRISTMAS DECEMBER 2022



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18
With technology playing such a huge part of the family Christmas, there are times when it's important to put mobile devices to one side and come together and play.
Visit [makeastart.ie](https://www.makeastart.ie)

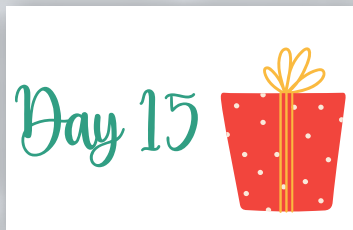
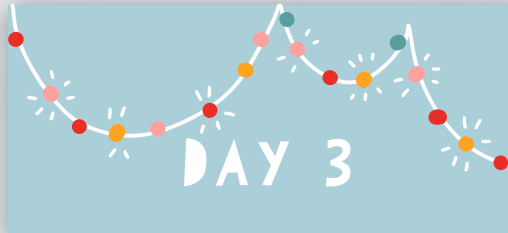
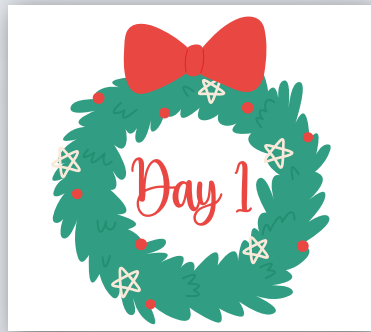




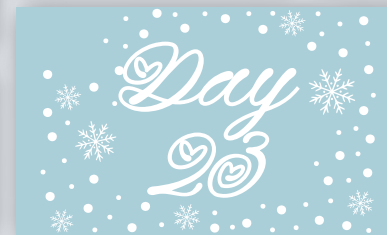
HSE HEALTH AND WELLBEING COUNTDOWN TO CHRISTMAS DECEMBER 2022



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19 **Make 2023 the year you QUIT.**
The HSE Quit Programme can help you stop smoking for good. Whether you've tried to quit before or this is your first attempt, we can offer you support and encouragement at quit.ie

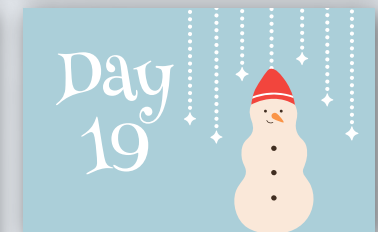
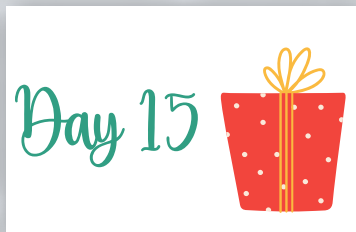
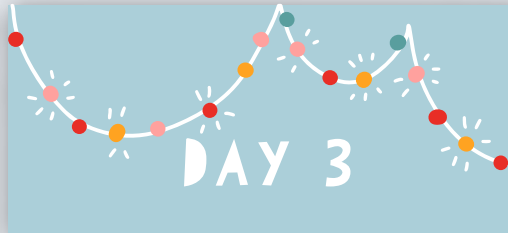




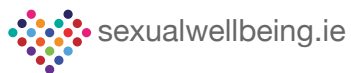
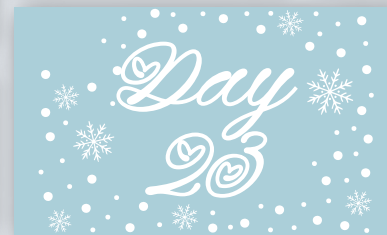
HSE HEALTH AND WELLBEING COUNTDOWN TO CHRISTMAS DECEMBER 2022



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20 Christmas is a particular time when we remember dear ones we have lost. For advice on dealing with death, bereavement and grief, click [HERE](#)

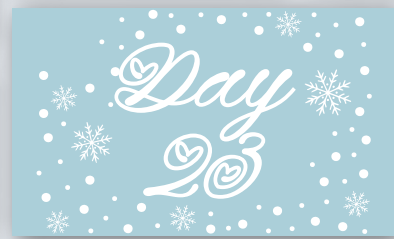
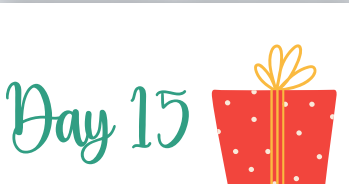
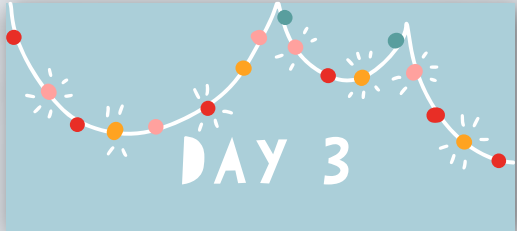




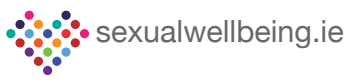
HSE HEALTH AND WELLBEING COUNTDOWN TO CHRISTMAS DECEMBER 2022



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21 Today's the day of the HSE Christmas concert. Festive fun is guaranteed! If you are unable to join us live at 4pm, registering will ensure you receive the recording. [Register HERE](#)

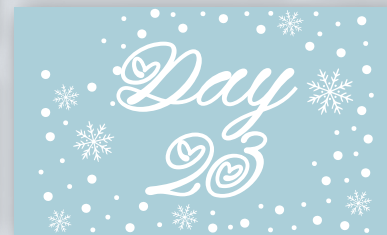
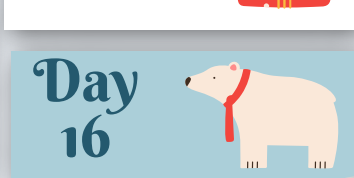
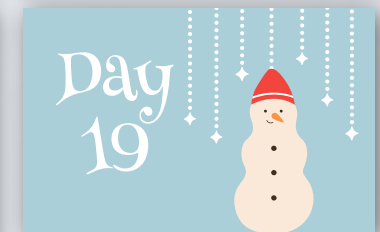
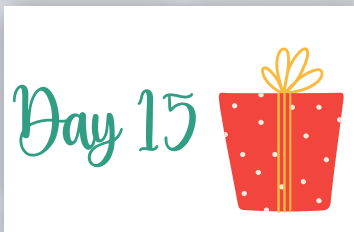
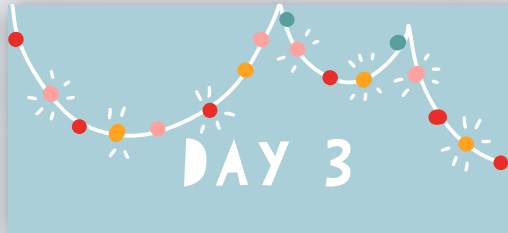




HSE HEALTH AND WELLBEING COUNTDOWN TO CHRISTMAS DECEMBER 2022



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22 Reduce Food Waste: As you plan your Christmas meals, consider how you can use any leftovers [HERE](#)

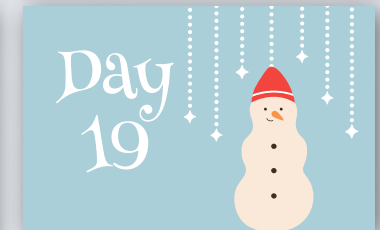
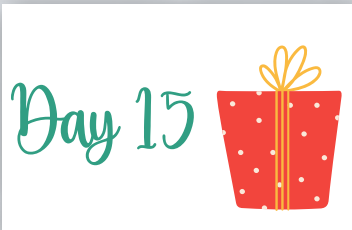
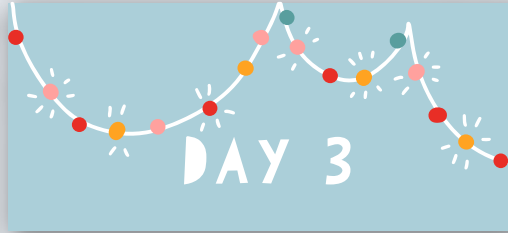




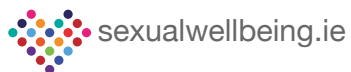
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23 If you are working over Christmas, ensure to take time to relax and recharge. 'Minding Your Wellbeing' provides an opportunity to learn about mindfulness, gratitude, self-care and resilience. [Click HERE](#)

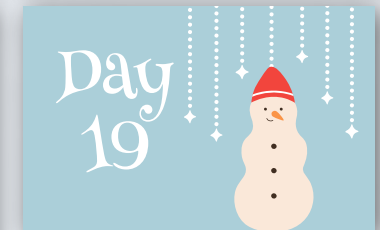
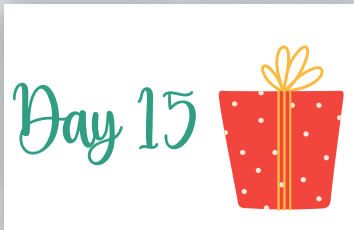
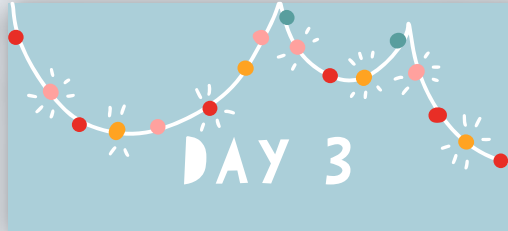




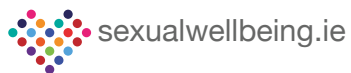
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24 One more sleep! Good-quality sleep makes a big difference to how we feel. For tips for better sleep click [HERE](#)





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