# Staff Health and Wellbeing Countdown to Christmas 2020



This count down to Christmas is going to be one like no other. Covid is restricting our lives, but we can find ways to keep making progress and keeping focused. We know we're stronger together - and there are a range of creative ways that we can stay connected, even when we are apart from family and friends. Trying out new things can actually boost our well-being. It can also bring a sense of accomplishment and help to improve our self-confidence and resilience.

Minding Your

Wellbeing

Dav 8

home? Try

exercising

indoors.

Working from

there's lots of free online

classes start with an easy

10-minute home workout.

for more information.

Day 13/14

It's normal to feel a bit

If you cannot speak to

someone you know or if

doing so has not helped,

www.yourmentalhealth.ie

you can try. Visit

and click onto

Understanding Ou

Thoughts for help

worried, scared or helpless

about the current situation.

You can do it. CLICK HERE

#### Dav 1

Day 6

Stay connected while maintaining social distance. Maintaining relationships with people you trust is important for your mental wellbeing. Maybe 🔊 🔊 go for a Walk and Talk to keep connected.

www.understandtogether.ie

dementia

under stand together

Spread the joy by giving

unwrapped toys or hamper

to a local charity. Nothing

can be compared

to the happiness

you get doing a

aood deed. It's

season.

the reason for the

**Day 11** 

Dav 2 The Minding Your Wellbeing Programme aims to provide simple tools and guidance to develop and maintain a positive outlook by looking after our mental health and wellbeing. www.yourmentalhealth.ie

### Day 7

Pause all screens for 1 hour today and Start your kids on the way to a healthier life. Click here for more info. Visit www.makeastart.ie •



#### **Day 12**

Our physical health has a big impact on how we feel. At times like these, it can be easy to fall into unhealthy eating patterns of behaviour that end up making you feel worse. Try to eat healthy, wellbalanced meals, drink enough water. **CLICK HERE for healthy** 

### eating guidelines.



can be watched such as Home Alone, Fred Claus, and Jingle All The Way with

#### Dav 3

Good-quality sleep makes a big difference to how we feel. Try to limit the time you spend watching, reading or listening to coverage of the outbreak, including on social media especially before bedtime.

#### Dav 4

as possible even during the winter, it is important to help physical and mental health and wellbeing Wrap up warm, walk run, explore and just breath.

#### Dav 5

Day 19/20

If you'd like 2021 to be

the year when you or a

loved one becomes an

ex-smoker, Visit

and throughout the year. for information on your sexual health and wellbeing.

Play it Safe this Christmas Visit sexualwellbeing.ie

**Dav 10** Concerned about the coronavirus outbreak and your health is normal. Some people may experience intense anxiety. Try to focus on the things you can control get our information from trustworthy sources www.hse.ie

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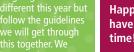
#### Day 17/18

Celebrating at Christmas may mean drinking more than usual. For tips on drinking less and tools to track your drinking visit www.askaboutalcohol.ie

#### www.Quit.ie Today and sign up for a Quit Plan to help you stop



**Day 24 Dav 25** You made it





0 TRACKER Download the app today



virtual dinner date or set a time to talk with a friend you may not see over Christmas this year.

# Day 22

Movie Night. Make a list of movies that some popcorn and Christmas goodies.

Dav 9 lf you are sitting make sure you out the Escape vour Chair programme www.irishheart.ie

Day 15/16 Check out these 👊 🍌 10 ways to pla with your child this Christmas, depending on what age and

Take time to relax, this can help with difficult emotions or worries, and improve you wellbeing. Try some relaxation by Practicing Self-Care you deserve it.

**CLICK HERE to view** 

your mental health.ie

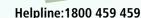
1800 111 888

Bring back the nostalgia Christmas









Practicing Self-Care.

www.mychild.ie there are plenty of helplines **Dav 23** Working over Christmas?