

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.



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.

Day 6

www.understandtogether.ie

dementia

under stand together

Day 11

can be compared to the happiness you get doing a good deed. It's the reason for the season.

Day 2

Day 7

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



home? Try

exercising

indoors.

Day 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.

Day 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.

Day 5

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



Day 8 Working from

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 •

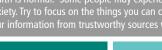


Day 9

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

Day 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 your information from trustworthy sources www.hse.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.

Day 15/16

10 ways to pla with your child depending on what age and www.mychild.ie

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

Day 19/20

If you'd like 2021 to be the year when you or a loved one becomes an ex-smoker, Visit www.Quit.ie Today and sign up for a Quit Plan to help you stop

Spread the joy by giving unwrapped toys or hamper to a local charity. Nothing

Day 13/14 It's normal to feel a bit

there's lots of free online

classes start with an easy

10-minute home workout.

for more information.

You can do it. CLICK HERE

worried, scared or helpless about the current situation. If you cannot speak to someone you know or if doing so has not helped, there are plenty of helplines you can try. Visit www.yourmentalhealth.ie and click onto Understanding Ou Thoughts for help

Dav 23

Working over Christmas? Take time to relax, this can help with difficult improve you wellbeing. Try some relaxation by Practicing Self-Care you deserve it.

CLICK HERE to view Practicing Self-Care.

emotions or worries, and

Day 24

follow the guidelines we will get through



Dav 25

You made it **Happy Christmas** have a wonderful time!



Day 21

Our friendships play a critical role in our happiness. Schedule a virtual dinner date or set a time to talk with a friend you may not see over Christmas this year.

Day 22

Bring back the nostalgia Christmas Movie Night. Make a list of movies that can be watched such as Home Alone, Fred Claus, and Jingle All The Way with some popcorn and Christmas goodies.













