



# 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.

## Day 1

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 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](http://www.yourmentalhealth.ie)



## 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

Get outdoors as much 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](http://sexualwellbeing.ie) for information on your sexual health and wellbeing.



## Day 6

Consider reaching out to a relative or friend who lives alone and may appreciate a call.

[www.understandtogether.ie](http://www.understandtogether.ie)

dementia

under stand together

## Day 11

Spread the joy by giving unwrapped toys or hamper to a local charity. Nothing can be compared to the happiness you get doing a good deed. It's the reason for the season.



## 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](http://www.makeastart.ie)



## Day 8

Working from home? Try exercising indoors, there's lots of free online classes start with an easy 10-minute home workout. You can do it. [CLICK HERE for more information.](#)



## Day 9

If you are sitting for long periods make sure you stand up and stretch. Check out the Escape your Chair programme [www.irishheart.ie](http://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](http://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, well-balanced meals, drink enough water.

[CLICK HERE for healthy eating guidelines.](#)



## Day 13/14

It's normal to feel a bit 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](http://www.yourmentalhealth.ie) and click onto Understanding Our Thoughts for help.



## Day 15/16

Check out these 10 ways to play with your child this Christmas, depending on what age and stage they're at [www.mychild.ie](http://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](http://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](http://www.Quit.ie) Today and sign up for a Quit Plan to help you stop smoking in January.



## 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.



## Day 23

Working over Christmas? 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 Practicing Self-Care.](#)

## Day 24

Its going to be different this year but follow the guidelines we will get through this together. We know we're stronger together.



## Day 25

You made it Happy Christmas have a wonderful time!

