

DRINK SAFE

Enjoy alcoholic drinks in moderation. Limit the availability, timing and amount of alcohol during Christmas or holiday events as it contributes to heightened sadness, disagreement or conflict. If you're heading to a party or function, make sure you make safe plans about getting there and getting home. If you have too much to drink, get a lift with a friend, call a taxi, or have a sleepover. Don't risk yours or anyone else's life.

EAT WELL

Even at special times it's important to maintain a balanced diet, regular exercise and wellness routine. Try your best to continue these habits, even if you need to tweak them to be more manageable.

Slow down and be kind to yourself! You're doing the best you can.

BREATHING EXERCISE

Practice slow and deep breathing, particularly when you are feeling stressed – breath in through your nose for count of 4, hold the breath in for 2 seconds, then breath out for a count of 4, hold the breath out for 2 seconds – repeat at least three times to help calm. You can do this as many times as you remember through the day, and you can change the count of the breathing to suit you and your breath.

HELP

Remember there is always help if you need.

Call a friend or family member.

Call and make an appointment with your local GP clinic.

Call Lifeline – 13 11 14

Call Rural Link – Specialist after hours mental health telephone service for the rural communities of WA.

FREECALL: 1800 552 002 TTY: 1800 720 101

Call 000 in an emergency.

A helpful link for parents

<https://kidshelpline.com.au/teens/tips/coping-with-holiday-hassles/>

From all the Boab Health team we wish you a safe, happy and well Christmas and festive season.



**SURVIVE &
THRIVE
AT CHRISTMAS**





SURVIVE & THRIVE AT CHRISTMAS

Christmas and the festive season can be a special time of great fun and excitement for families, children and communities, but it can also be a hectic and stressful time for us all. It can often feel like there's lots of extra pressures – extra things to organise, extra things to pay for, and extra people to look after. For some of us it means getting together with family who may not necessarily be getting along, perhaps this time of the year brings about sadness and grief due to past loss of family and friends, perhaps family and friends are away this year so it “won't be the same”, or perhaps it's been a tough year and you are just not feeling that into it. Living in smaller towns or communities in remote areas can sometimes mean we feel more isolated and less connected. Whatever the circumstances it is important that amongst all of the busyness and pressures we remember to look after ourselves and our loved ones, and to stay connected to ourselves, our families, friends and communities.

HELPFUL TIPS

Here are some helpful tips to remind you to slow down and look after your mental health and well-being so you can enjoy this special and sometimes tough time of the year.

SMART SPENDING

Don't spend more than you can afford to minimise stress. Remember that presents aren't all about the money you spend. Some of the best presents can be time spent together with loved ones, a good meal or even a homemade gift. Search the internet for some great, easy and inexpensive “DIY Christmas gift ideas”. Or if you already have a creative talent, try sharing that! Bake something, paint a picture, frame a photo, and make your own Christmas decorations!

If you are having financial difficulties you can always seek help from community agencies who offer food and gifts. Call Centacare on 9192 2293 to hear how they might be able to help you.

ENJOY EACH OTHER

If there are unresolved conflicts in the family, make an agreement with all parties concerned to put the conflict on hold during the festive season out of respect for all involved.

CHRISTMAS GATHERINGS

Keep things simple! If you are feeling the pressure of organising and preparing for Christmas ask a family member or friend for help. Be mindful of media portrayals of the “perfect” Christmas – they are not reality.

ENJOY YOURSELF

Spend time doing pleasurable activities that restore and replenish your energy – visit people that make you feel happy and energised, spend time at your special places, and buy yourself a small gift for Christmas.

SLEEP

Get regular sleep - try removing phones, tablets or anything electronic from your bedroom, avoid caffeine after 3pm, and try a mindfulness or progressive muscle relaxation exercise before sleep.

THE HOLIDAY PERIOD

When shopping, shops and car parks can be busy at this time of the year - be patient and remember that most of the time people are doing the best they can.