



SIX MHS

*Tips for a Mentally
Healthy Christmas*

Remember we are here for you over the festive period.
You can call the helpline for our support at any time, day or night.
If you're worried about starting the conversation, you can email us
and someone will call you back.

24/7 CONFIDENTIAL HELPLINE:

07480 726 082

helpline@sixmhs.com



Stay connected

Research shows
people who focus on
family, friends and
colleagues have
increased wellbeing.

Take a break from Social media

Staying away from social media can help avoid unhelpful comparisons with others and allow you to enjoy being in the moment.





Get some Sleep

Sleeping well is important.
Avoid caffeine and alcohol and
keep off devices before bed.



Be mindful of
Alcohol Consumption

Alcohol, although it can make some people feel relaxed, when drunk in large amounts can lead to low mood and irritability. It can contribute to a loss of inhibitions, conflict and misunderstanding.





Care for yourself

Set time aside to do what you enjoy. This might be reading, exercising, visiting family, or just relaxing.



Happy Christmas

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