



*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:  
07360 533 028  
[helpline@sixmhs.com](mailto: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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