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Feeling better during the festive season

Able Futures, delivering the Access to Work Mental Health Support Service



_In this session



- 1. Why festive seasons may feel hard to cope with
- 2. Common struggles at Christmas
- 3. What we can do to feel better
- 4. Five ways to support your mental wellbeing
- 5. How Able Futures can support you and your staff at any time during the year
- 6. Your questions





Feelings about festivities

- _Adverts on TV show people feeling merry and bright throughout December and into the New Year. But what if this is not your experience of Christmas?
- _What if you are feeling under the weather since the clocks turned back and the days get shorter?
- _What if you're worried about money and are finding it difficult to finance festivities?
- _What if you are experiencing relationship issues or loneliness, are worried about family members or stressed about other issues?



_Common struggles at Christmas



- _Stress
- _Loneliness
- Too much to do
- _Over-indulgence and addiction
- _Relationship issues
- _Money worries



What can I do to feel better?



Take time to consider what kind of festive season you really want. Knowing what we wish for can help us put in place plans to help us create the sort of Christmas we really want, so we aren't confused by the pictures of other people's ideas about Christmas which bombard us.

Look after yourself. Set time aside every day to nourish yourself. This could be as simple as going for a walk, eating some fruit or making sure you set yourself up for a good night's sleep with a bedtime routine.



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What can I do to feel better?

This is a great time of year to use your time or money to support others. Research shows that people feel better when they have helped someone else. Help put a smile on someone else's face by giving your time and energy to support them at Christmas.

_Set yourself a little challenge to learn something or do something new this festive season. It can feel good to stretch yourself and could be something like learning Sudoku, taking a break from social media or watching a TED talk. What ideas can you come up with?

_Your ideas for ways to relax



_Walking the dog

Listen to music

_Go to the gym

_Take a sofa and TV day

_Switch off from technology _Gardening

_Take a bath

_Cooking

_Read a good book

Learn to say no

_Get up at a regular time, go _Practice mindfulness

to bed early

_Gratitude

_Drawing

_Make a cup of herbal tea/

Feed the birds

hot chocolate

Yoga and tai-chi

_Talk about your feelings



What can I do to feel better?



_Be gentle with yourself. Many times, we are our own worst enemy by expecting perfection and putting ourselves under pressure when nobody else expects us to be doing anything unreasonable. Try to think about Christmas realistically and don't beat yourself up if things don't turn out the way you thought they "should do". You will do your best. Don't let your inner critic get you down. Speak kindly to yourself!



What can I do to feel better?



Connect with someone. You are not alone because many people struggle with Christmas. If you can reach out to friend or family for support. If that's not possible or appropriate, then call to talk to someone on the Samaritans helpline.

Apply for support for your mental wellbeing from Able Futures who can help you through Christmas and into a healthier and happier New Year.



_Five ways to wellbeing















_Support available from Able Futures



Able Futures delivers the Access to Work Mental Health Support Service in England, Scotland and Wales, on behalf of the Department for Work and Pensions (DWP).



Personalised advice and support



Nine months of regular catch ups



Resources, guidance and signposting



No cost



Confidential



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Freephone 0800 321 3137

www.able-futures.co.uk

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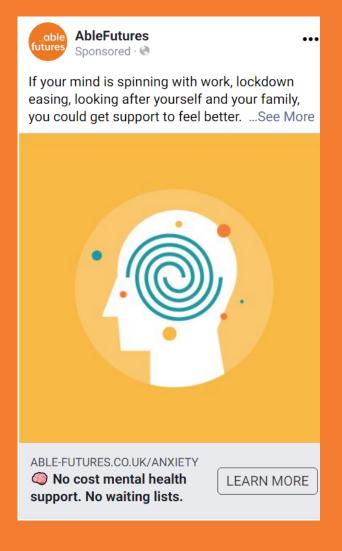
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