

# 10 tips for surviving the holidays

- 1 Think about little things you can do for yourself each day, like running yourself a nice warm bath or spending time outside.
- 2 Make sure you have enough medication to last the days when the GP and Chemist are closed.
- 3 Try to be honest with family and friends if things are starting to feel overwhelming. It is okay to take some time out to yourself when you need to.
- 4 Work out a budget in advance and try to stick to it.
- 5 What we eat can have an impact on how we feel. Try to plan some healthy meals as well to have a good balance over the festive period.
- 6 Try not to compare yourself and your Christmas to the things you see on TV or social media. You are not alone in finding things difficult.
- 7 Plan a routine and follow it every day.
- 8 Remember it's okay to cancel plans if you don't feel like going out. The most important thing is to look after yourself.
- 9 Talk to your support worker, or people who support you, about how you will cope around Christmas.
- 10 We can all feel overwhelmed at times. If things get too much, take time to talk to someone about how you're feeling or reach out to listening services for support.