

SUN MON TUE WED THU FRI SAT

DECEMBER
2020



DID YOU KNOW THAT...

you can still show those around you how much you care for them without necessarily spending lots of money on gifts or seeing them in person?



#SEASONALTIP

KIND

DID YOU KNOW THAT...

if you would normally shop for gifts in person, but are for the first time doing most of it online this year, there are some great places to look for inspiration?



#SEASONALTIP

KIND

DID YOU KNOW THAT...

pine needle tea contains high levels of vitamins A and C and can support healthy eyes, improve hair, skin regeneration and respiratory conditions?



#SEASONALTIP

KIND

DID YOU KNOW THAT...

preparing for Christmas is overwhelming so it's important to be mindful not to take on too much and delegate where you can? It's okay to say no to invites or requests for help!



#SEASONALTIP

KIND

DID YOU KNOW THAT...

becoming a pen pal could really brighten up somebody's day?



#SEASONALTIP

KIND

DID YOU KNOW THAT...

you should think about whether there is something that you can do this Christmas to support those in need?



#SEASONALTIP

KIND

DID YOU KNOW THAT...

if money is tight, you could agree with family and friends to do a secret Santa or not to do gifts at all?



#SEASONALTIP

KIND

DID YOU KNOW THAT...

Christmas is the perfect time to try some new crafts! For example, you could make your own cards or wrapping paper!



#SEASONALTIP

KIND

DID YOU KNOW THAT...

you could get into the Christmas mood by putting on some classic Christmas songs and dance around your living room?



#SEASONALTIP

KIND

DID YOU KNOW THAT...

joining online singing groups that are popping up across the country could help you get into the Christmas spirit?



#SEASONALTIP

KIND

DID YOU KNOW THAT...

you could head out for a nice hot chocolate with a friend in order to take a break from the preparation and shopping?



#SEASONALTIP

KIND

DID YOU KNOW THAT...

while it's great to be organised when it comes to your Christmas plans, a bit of spontaneity can also be fun and great for your mental health!



#SEASONALTIP

KIND

DID YOU KNOW THAT...

if you haven't started decorating for Christmas already, today is a great day to put up your tree, as traditionally this is done 12 days before Christmas?



#SEASONALTIP

KIND

DID YOU KNOW THAT...

if you're spending Christmas alone, you can still make the day special by doing what you want to do?



#SEASONALTIP

KIND

DID YOU KNOW THAT...

it is ideal to plan your visit to the post office to try and avoid busy times when you might find it more stressful?



#SEASONALTIP

KIND

DID YOU KNOW THAT...

if you are on any medication, you should make sure that you have what you need to see you through the holiday period?



#SEASONALTIP

KIND

DID YOU KNOW THAT...

planning your meals over the festive period can help immensely with avoiding many difficult situations that occur when shopping last-minute!



#SEASONALTIP

KIND

DID YOU KNOW THAT...

if you are drinking, it is recommended to alternate between alcoholic and soft drinks so that you stay hydrated?



#SEASONALTIP

KIND

DID YOU KNOW THAT...

outdoor Christmas markets might be holding events where you can pick-up last minute gifts and try some seasonal produce?



#SEASONALTIP

KIND

DID YOU KNOW THAT...

if you can't get to a pantomime this year, you can recreate the magic at home with light wands, sweets, ice cream and hissing and booing when the baddies come on?



#SEASONALTIP

KIND

DID YOU KNOW THAT...

Christmas can be a time of reconciliation?



#SEASONALTIP

KIND

DID YOU KNOW THAT...

it's important to take some time out during your Christmas preparations to relax?



#SEASONALTIP

KIND

DID YOU KNOW THAT...

it is better not to hold onto idealised visions of the perfect Christmas to avoid disappointment?



#SEASONALTIP

KIND

DID YOU KNOW THAT...

December is the perfect time of the year to start a gratitude journal and look back on all the things that you are grateful for?



#SEASONALTIP

KIND

DID YOU KNOW THAT...

Christmas day is the perfect opportunity to start a new family tradition or to go out for a walk and get a change of scene?



#SEASONALTIP

KIND

DID YOU KNOW THAT...

after eating a big meal like Christmas dinner your digestive system needs to go into a failed state to allow it to regenerate and repair cells?



#SEASONALTIP

KIND

DID YOU KNOW THAT...

during holidays, it is good to try to keep regular sleep patterns if you can, as this will really help with your energy levels and mood?



#SEASONALTIP

KIND

DID YOU KNOW THAT...

checking in on a friend or neighbour is a great way to boost your mood and make sure they are okay?



#SEASONALTIP

KIND

DID YOU KNOW THAT...

when all the days seem to merge into one over the holidays, it can be good to be productive with your time and choose to do a project that you had wanted to do earlier in the year?



#SEASONALTIP

KIND

DID YOU KNOW THAT...

chess, bridge or bingo are a great way to have fun and keep your mind active?



#SEASONALTIP

KIND

DID YOU KNOW THAT...

at New Year the important thing is to do something that makes you feel good and you shouldn't feel you have to keep up appearances?



#SEASONALTIP

KIND