

THIS CHRISTMAS WELL-BEING NEWSLETTER



As we approach the end of 2024, looking after our physical and mental health remains incredibly important.

Christmas is a wonderful time to focus on mental well-being and create meaningful memories with loved ones. Here are five practical ways for students and parents to nurture their mental health during the festive season based on the '5 ways to well-being'.

<https://bit.ly/wayswellbeing>



1. Stay Connected

Christmas is about togetherness, so take the opportunity to strengthen bonds with family and friends.

- Plan a festive get-together: Host a Christmas movie night, a board game session, or a simple meal where everyone contributes.
- Reach out to those far away: Write a heartfelt letter, send a video message, or arrange a virtual call. These small gestures can brighten someone's day and help you feel connected.
- Make new connections: Attend community events, carol services, or local Christmas markets where you can meet new people and share festive cheer.



2. Be Active

Staying physically active doesn't need to feel like a chore, especially at Christmas!

- Enjoy the great outdoors: Go for a winter walk with family, explore local parks, or take a hike through nature to enjoy the crisp, festive air.
- Try festive activities: Decorate the house together, have a snowball fight if there's snow, or do some Christmas-themed yoga or dancing to your favourite holiday tunes.
- Make it a family affair: Turn chores into fun activities by working together to tidy up, wrap gifts, or cook meals. Moving around keeps your body and mind healthy.



3. Take Notice

The festive season is full of beauty and wonder—slow down and enjoy it.

- Practice gratitude: Reflect on the positives in your life, whether it's sharing a meal, feeling warm and safe, or receiving a kind word.
- Writing a gratitude list can boost your mood. Be mindful of your surroundings: Notice the twinkling lights, the smell of pine, or the joy on people's faces.
- Being present helps you appreciate the season. Create calming moments: Set aside time for quiet activities like stargazing, sipping hot chocolate, or listening to soft Christmas music.



4. Keep Learning

Learning something new can spark creativity and boost your confidence this Christmas.

- Get crafty: Learn to make your own Christmas decorations, cards, or wreaths. This can be a fun and budget-friendly family project.
- Cook up a storm: Try a new festive recipe together, like gingerbread biscuits or mince pies. Cooking is a valuable skill and a fun bonding activity.
- Dive into a Christmas tradition: Read about how other cultures celebrate the holidays or explore the history of Christmas traditions like carols or tree decorating.



5. Give

Giving isn't just about material gifts—it's about kindness and thoughtfulness.

- Give your time: Volunteer at a local food bank, charity, or community event. Helping others fosters a sense of purpose and joy.
- Be kind: Help a neighbour with their shopping, shovel snow for someone, or write a kind note to a friend or teacher.
- Create homemade gifts: Bake cookies, make a scrapbook, or create a photo collage. Personal, handmade gifts are often the most meaningful.
- Give to yourself: Remember, self-care is important too! Take time to rest, reflect, and recharge during the busy festive period.

Taverham High School has a dedicated Student Welfare Team offering wellbeing and mental health support. They can assist students regularly or on a one-off basis, and guide parents, carers, and students to additional resources. If you or your child would benefit from support, please complete the referral form below, and a team member will be in touch. <https://tinyurl.com/bdeyjev>

