



COPING TIPS FOR THE HOLIDAY!

Whilst the holiday season can be a fun part of the year, the holidays can also be **overwhelming!**

The pandemic may bring additional stresses since you may be worrying about your own or your family's health, or you may feel sad or lonely if your plans look different due to covid. The good news is, you can reduce the stress of the holidays by following these tips – you may even find you enjoy the holidays more than you thought you would!!



Be conscious of social media use

If you feel sad, lonely or anxious after scrolling on **Tik Tok, Snapchat or Instagram**, ask yourself 'am I comparing my friend's best self to my worst self.' Remind yourself that people only post the 'good' stuff. Perhaps you could challenge yourself to swapping an hour of scrolling to an hour of facetime/calling someone who is important to you!



Be realistic

Holiday plans don't need to be perfect or just like pre-pandemic. **You might feel frustrated or sad that your plans look different** but you can still make it work with virtual ways of connecting! Why not plan some fun virtual family or friend games!



Plan a head

A big stress can be knowing you have schoolwork or paid work to get done over the holidays. **Plan a head days and times to do this to prevent last minute panic.** Be sure to plan fun things to do afterwards to reward yourself and motivate you to get it done.



Acknowledge your feelings

If someone has passed away or you can't see loved ones, **know that sadness and grief are completely normal**. Take time to cry. You cannot force yourself to be happy because it's holiday season.

Reach out to someone

This can sometimes be hard to do as we may worry what people may think of us. Remember, bottling things up can make things worse. **Is there someone you trust that you could reach out to?** Maybe you could text a family member or friend to let them know you aren't having a good day and ask if you could do something to help cheer you up?



Do something nice for yourself or someone else

Often when we feel stressed or sad we can forget to take time for ourselves. Make sure you make time each day for yourself to relax (e.g. face mask, journaling, listening to music). Research also shows doing something for someone else is a quick way to lift our mood. Why not write a card or hand make something for a friend, or send a text to someone letting them know they are appreciated!

Seek professional help

Despite trying these tips, you may feel that nothing is helping you to feel better. If this is the case, it is important you seek professional support. You can access support over the holidays by speaking to a GP who will be able to signpost you to the correct services. You may also find the below websites helpful to look at.

For further help take a look at the following:

Young people can access Childline, a confidential telephone helpline, via calling 0800 1111 or online at www.childline.org.uk. Alternatively, you can contact the NHS 111 helpline who can advise you on possible next steps. Young minds and Kooth are also helpful websites to find support.

<https://www.youngminds.org.uk/>

<https://www.kooth.com/>

<https://www.childline.org.uk/>