



Staying connected over the festive season

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 mind in Salford
for better mental health

2020 has been a difficult year for many of us, with lots of change and uncertainty.

This festive season many of us will be celebrating in a different way to normal, without some of the places, people, or events that may usually bring us festive cheer, or may not be celebrating at all. But this time of year can be tricky, even without the pandemic.

That is why it is more important than ever to stay connected in order to stay healthy and well.

This time of year may bring up some difficult feelings for a variety of reasons. For example you may feel:

- Lonely or left out as you aren't able to see people as you normally would
- Like you are comparing yourself to others who seem to have a 'perfect' life
- Like you wish you didn't have to deal with the festive period or that you could just 'skip' it



There may have also been specific challenges this year may have brought that may have felt difficult and overwhelming, such as:

- Financial worries
- Pressure and expectation
- Bereavement of loved ones
- Sadness for lost opportunities/experiences

Some of these issues may have been caused directly or indirectly by the Coronavirus pandemic, or may have been an additional stress at an already difficult time for many of us.

However you have found this year, you are not alone, and it's OK to feel this way.

Helping yourself

When you are feeling like this, there are lots of things that can help you to feel better and to stay well both mentally and physically. Below are a few ideas of things you can try at this time of year if things feel tough:

Plan ahead

Thinking about the situations or feelings that might be difficult during this time of year can make it easier to plan things that you can do to help yourself. This might be coming up with strategies to help you cope if things are difficult, or to think if there are any things that it would be helpful for you to avoid. This might be something like scheduling calls in with loved ones that you are unable to see as normal, or making sure that you have time to yourself to give you space to relax.

Talking with others about how you want to spend the festive season can help in making sure you stay as healthy and well as possible while things may be tough.

Make time for yourself

It's important during this time to make time for doing the things that you enjoy where possible, such as creative or outdoor activities, or watching your favourite films. Focus on trying to take a break from potential stressors such as work or the news and social media where you can, and pay attention to how you are feeling.

Even simple activities such as some of our mindfulness videos on our YouTube channel can help you to feel calmer and to reduce feelings of stress or anxiety (search 'Mind in Salford' on YouTube to access these, or visit our website). Making time for yourself can also mean taking care of yourself by remembering that it's OK to say no to things that might be difficult for you to take part in this year.

Connect with others

Connecting with others might look a little different this year, as we may be able to meet less people face-to-face than we usually might. However, connecting with others over video calls, over the phone, or even by letters can still be a great way to feel connected to others around you.

Talking about how you are feeling when things are difficult is also really important, as well as being there to support others who may be experiencing difficult feelings where you feel you are able to do this. Talking to friends, family or other loved ones can take a weight off our shoulders, but there are also lots of organisations you can contact if you feel you need support, even at Christmas.

For more information on this, check out the find help page on our website (mindinsalford.org.uk/more-help).

Contact Us

We hope that you found this leaflet to be useful and informative, and that it has given you some ideas about staying connected and well over the festive period.

If you would like to get in touch with us for more information or support, you can do so via the below channels:

Tel: 0161 710 1070

Email: info@mindinsalford.org.uk

Website: mindinsalford.org.uk