

We in the Care Team in Coláiste na Sceilge would like to take this opportunity to wish everyone a happy, healthy Christmas. We recognise that Christmas is a joyous occasion for many people, but it can be a difficult time for some. Here are some tips on ways we can be kind to ourselves this Christmas. They include:

- **Stay in touch with the people you love:** While it may be difficult to see everyone over Christmas, picking up the phone and having a chat with a friend can seriously boost your mood. Make plans in the near future to do something with the people who weren't able to see over the Christmas time.
- **Get some exercise:** Christmas can be a time for excess eating, but Mental Health Ireland say exercise is one of the best things someone can do to elevate their mood. Endorphins released during and after exercise relax us and make us feel happy.
- **Get some sleep:** The festive period can throw our sleeping schedules out of sync because of our social lives. The advice is to try and stick to a regular sleeping pattern and get more exercise which will help you nod off.
- **Volunteer:** Doing something good boosts your self-esteem, increases happiness and can even benefit your physical health. Helping out at a charity will get you out and about and talking to people.
- Mental Health Ireland is reminding the public that alcohol is a depressant and, although it makes users feel relaxed, drinking large amounts can lead to low mood and irritability.

If you feel the need to avail of supports over the holiday season and need to speak to someone, contact: (Many people, especially younger people, don't like talking on the phone and would feel much more comfortable texting).

- *Your local GP **OR** Southdoc Killorglin 1850 335 999*
- *Pieta House 1800 247247 **OR** text "Help" to 51444 **OR** email mary@pieta.ie – (suicide, self-harm)*
- *Samaritans 116 123 **OR** text 087-2609090 **OR** email jo@samaritans.org (At hand 24/7)*
- *Aware 1800 80 48 48 (depression, anxiety)*
- *Teen-Line Ireland 1800 833 634 (for ages 13 to 19)*
- *Childline 1800 66 66 66 (for under 18s)*