

HOW TO GET THROUGH THE HOLIDAYS WITHOUT GOING CRACKERS...

Pause.

Top tips for preserving your wellbeing over the holiday season

As with everything else this year, Christmas is going to be very different. Whether you celebrate Christmas or would normally use the longer winter break to rest and reconnect with friends and family, this year's holiday will inevitably have a different feel to it. The holidays can be hard for all kinds of reasons, even if you are super festive and can't wait to get back home there are still times when you need to get a bit of head space and check that you are keeping on top of your mental health and wellbeing. For some students this year will be especially hard as they aren't able to travel home to see family, please be rest assured that Pause will be here over the holidays to support you.

Where's Your Head At?

At Pause we understand that holidays can be a difficult time so we have come up with some small acts of kindness that you might want to try over the break. Whether your family is driving you bananas or you're feeling the distance between you and your loved ones, these small acts might offer some comfort.

1

FRESH AIR

Put on a warm coat and go and sit in the garden to get a brief fresh air (and maybe even sunshine!) boost

2

MINDFULNESS

Give Mindfulness a go! Download Headspace or Calm to your phone and try some of their short guided practices, try it each day for a week.

3

ME-TIME

Find time for yourself – This could be having a long bath or even offering to nip to the shop to get milk or to the post office to pick up a parcel. Even just a short break by yourself can really give us a boost, plus you might earn some brownie points for being mega helpful ;)

4

SLEEP WELL

If you struggle with your sleep normally try and stick as closely to your normal routine as possible, even if it is tempting to stay up watching films till the wee small hours.

5

THE BASICS

Remember the basics – eat, sleep, exercise, getting outside each day, these are a good foundation for keeping on top of your wellbeing.

6

TEXT A FRIEND

Ask a friend to check in with you via text or a quick phone call every few days. Pay it forward and offer to do the same for someone else.

7

MAKE PLANS

If being back at home is really stressful plan something fun to do with friends when you get back, to make sure you have something fun to look forward to.

8

MANAGE YOUR EXPECTATIONS

Manage your expectations! No one and no holiday is perfect, despite what we may see on social media. Try not to pressurise yourself with unrealistic standards.

9

KEEP YOUR BOUNDARIES

Keep your boundaries – Don't feel like you should be going out or doing things that make you feel uncomfortable just because 'it's Christmas' or because 'it's allowed'

10

CURATE YOUR FEED

Curate your feed – unfollow people on social media who cause you stress, make you feel inadequate and avoid 'hate following' people, it will just make you angry!

11

GIVE BACK

Give back – Have a clear out and donate things to charity shops, donate to foodbanks or simply check in with a neighbour or relative who may be isolated. These connections are so important for all of us.

And if it all gets too much...

Pause is available to support you over the holidays.

Our up to date opening times can be found at intranet.birmingham.ac.uk/pause

