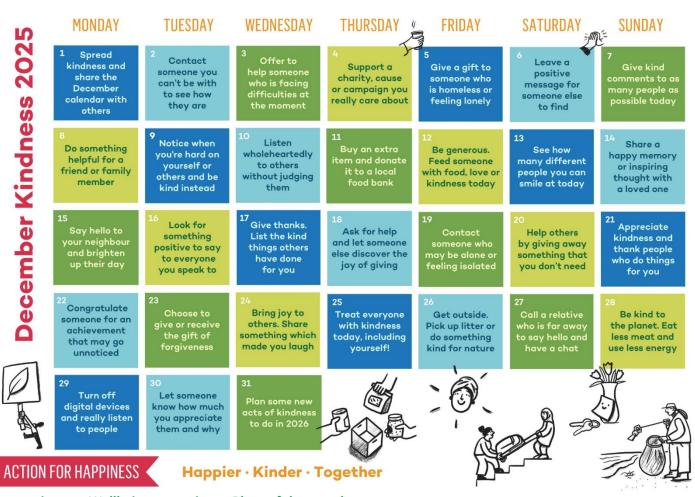






Autumn 2 Half Term - Self-Care 2025

The Christmas season is a time for joy, connection, and reflection, but it can also feel busy and overwhelming. Remember to be kind to yourself—rest when you need to, and take breaks try not to feel pressured to be perfect. Kindness starts within, and when we care for ourselves, it's easier to share that kindness with others. A simple phone call, a smile, a helping hand, or a few words of encouragement can make a big difference to someone's day. Let's make this festive period 2025 about compassion, understanding, and looking out for one another. Together, we can create a season filled with warmth and kindness. Wishing you all a very merry Christmas and happy new year! Kind regards Mr T



Supporting you Wellbeing over winter- Blogs of the month

Tips for everyday living | Christmas coping tips | Mind

<u>Self-care gifts for the festive period - BBC Bitesize</u>

Top tips for looking after your mental health at Christmas | Mental Health Foundation

Holiday Self-Help Survival Guide - Mary Frances Trust

















Remember, no matter how you feel, there is always someone to talk too!

There·is·always·someone·to·talk·to;·use·one·of·these·free·services·to·use·if·you·feel·low,·lonely,·or·vulnerable.

- *CHILDLINE:--https://www.childline.org.uk/...0800-1111-open-24hrs/7-days-a-week
- *SAMARITANS-https://www.samaritans.org/...116-123-open-24hrs/7-days-a-week
- *NHS·Mental·Health·Line·0800·0309·500·open·24hrs/7·days·a·week
- *SHOUT--Text-85258
- *YoungMinds--text-YM-to-85258--27hrs/7-days-a-week-https://www.youngminds.org.uk/about-us/contact-us--

Anxiety—what strategies do you use, listento a music list, walk around the garden, read some of a book, have you made a Self Soothe box—find out at

https://www.youngminds.org.uk/youngperson/blog/how-to-make-a-self-soothe-

box/·or·**0844-967-4848**·open·27hrs/7·days·a· week.....or·the*·ClearFear·app* **Suicidal**—Call-999·or·go·to·A&E·if·you·or·someone·is·feeling·suicidal

Papyrus·Hopeline·UK·0800·068·4141·or·text·07860·039967·or· email·pat@papyurs-uk.org·all·open·9:00am-midnight·everyday

Download·the·StayAlive·app·from·Google·playstore





Parent-Support -- YoungMinds-and-WSCC

West-Sussex-Safeguarding·Hub: •01403-229900°Mon-Fri-9am-5pm-and-0330-022-26664-5pm-9am-and-weekends

For detailed advice, emotional support and signposting about a child-up to the age of 25. Call free 0808 802 5544 from 9:30 am - 4 pm,

Mon - Fri https://www.youngminds.org. uk/parents



Self-harm—what·have·you·planned·as·your· distraction·techniques—go·for·a·walk,·make· someone·a·cup·of·tea,·bake·some·cakes,· walk·the·dog,·look·at·your·favourite·photos,· doodle/draw·.....or·engage·with·the· CalmHarm·app





