

Christmas Coping Tips



Make sure you eat well. Enjoy the food and get some help in the kitchen so you do not get overwhelmed if you are having visitors.

Be mindful. Take 10 minutes to breathe in some inner calm, to practice a bit of relaxation. Follow a sophrology exercise visit www.besophro.com.



Get some air. A walk in the fresh air can give you some space, exercise and reinforce that inner calm.

If you have a full house have somewhere you can retreat to for a while if it is feeling tough.

If you are on your own, plan so you have a contact list of people you could call or chat to. Keep the radio on, it's good company and there are a range of great programmes.



Make sure you have enough medication to see you over Christmas and New Year, if it's important for you to take.

Running out of medication can cause problems.

Call 111 for help in an emergency.

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Make sure your gas and electric are topped up.

If you are struggling financially Letham4All have Christmas food and gift parcels and are happy to deliver these.

Contact Letham4All on 01738 444061.

If you start to find the whole Christmas/New Year thing too much and you just don't feel you are coping, talk to someone.

The Samaritans 0330 0945717

Breathing Space 0800 838587 www.breathingspace.scot

The Neuk 01738 638475

Have a Happy Christmas and let's hope
for a good 2022!

