

# Tip sheet

## Christmas stress less tips

Christmas is fast approaching – but while the holiday season is a time for rest and recovery after a long year, it can also bring unforeseen stressors.

So, what can we do to optimise our wellbeing around Christmas?



### 8 tips to ease the financial load at Christmas time

1. Pay your essential bills first
2. Decide before going shopping how much you can spend. Try writing it down!
3. Make use of sales and specials
4. Discuss gift buying/giving with your family
5. Consider home-made gifts
6. Vouchers are a great way to give an experience to be shared later
7. If you are hosting Christmas dinner, ask others to bring a plate or something to drink
8. Remember the expenses that will come in January and the back-to-school cost to be covered.

### Wellness strategies

#### Physical wellbeing

- Try eating a new fruit or vegetable
- Stay hydrated
- Get moving – at least a little every day
- Be aware of alcohol and its impacts
- Try to keep a regular sleep routine
- Pace yourself and book in 'down time'
- Get outside and enjoy the weather.

#### Mental wellbeing

- Review social media use
- Make time for your hobbies and interests
- Journal to express yourself
- Practice saying 'no' to others
- Make time to laugh and have fun
- Prioritise quality time over quantity
- Set some goals and learn new things.

#### Social wellbeing

- Prioritise time with people who lift you up
- Demonstrate patience with those who are hard to be around
- Negotiate tasks, roles and expectations with family
- Plan things to look forward to
- Check in on anyone doing it tough
- Volunteer – many community groups need helpers.

#### Spiritual wellbeing

- Create a bedtime routine to help you unwind
- Practice deep breathing/stretching
- Reflect on the past year
- Try meditation apps and mindfulness
- If relevant to you, engage in prayer and karakia over Christmas
- Focus on gratitude
- Seek your sense of meaning or purpose.

### Contact

0508 664 981  
assistance@vitae.co.nz  
www.vitae.co.nz  
App on iOS or Android