



Top Tips to Assist with Christmas Stress

1. Decide which Christmas activities and traditions are most significant to you. Only participate in those activities that have significance for you and decline the activities which cause stress or are insignificant for you.
2. Christmas time tends to be a time when people spend more money than they can afford. Make a Christmas budget and stick with it.
3. Take care of yourself. Eat right, get enough sleep and exercise. Control your alcohol consumption and limit your indulgence in high fat or sugary foods.
4. Recognise signs of stress and use relaxation techniques when you begin to get irritated or upset such as taking a few deep breaths, going for a walk or taking a break.
5. Have realistic expectations of family and friends. Just because it is Christmas, does not mean the attitudes or behaviours of relatives and friends will change. Accept this and plan how you will respond to help keep the Christmas spirit.
6. Make time for yourself. This time does not need to cost anything and can include going for a walk or reading a book. Schedule time for yourself during the busy Christmas period.
7. Delegate Christmas tasks and ask for help. Communicate openly and remember it's ok to say "no". Don't carry the entire burden
8. If you experience persistent low mood or anxiety, consider professional help. There is a wealth of experience and expertise available to deal with mental health difficulties, call 1300helpmate (1300 4357 6283) www.rawtas.com.au

RAW Office Closure

Please be advised that the RAW office will be closing on 23rd December at 12.00pm and reopen for business again 9.00am 3rd January 2017. During this time the helpline will still be operating 24/7.