



12 tips of Christmas mindfulness



1. **Connect with loved ones**
2. **Make a plan and get organised**
3. **Prioritise self-care**
4. **Create new holiday traditions**
5. **Take breaks to keep stress at bay**
6. **Set realistic expectations**
7. **Stay active and get fresh air**
8. **Talk to someone if you need**
9. **Give – either a gift or your time**
10. **Ask for help if you're struggling**
11. **Learn to say “no” without feeling guilty**
12. **Give yourself permission to have a quiet Christmas**



Our laya members' wellbeing matters to us, especially during the holiday season. If you or your loved ones need extra support this Christmas, our Mental Wellbeing Support Programme is here for you, anytime you need it.

Click here to learn more

