

The Prior's Mill 'FEEL BETTER Newsletter'

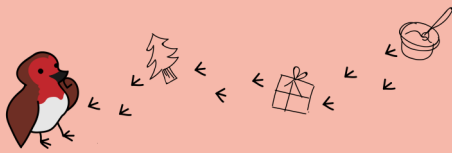
Issue 5—12.2021

Hello everyone, it's that time of year again! 2021 has been another year of ups and downs, full of uncertainty and events which will have made a lot of us feel worried, upset or anxious. We are once again very proud of our children in Prior's Mill for showing resilience and working hard. We are spending our final week of 2021 in school celebrating important values at Christmas time.



Now that Christmas is upon us, hopefully this will bring many of us closer together and leave any negativity behind! Although Christmas can be exciting for lots of us, for some, it is a time of extra pressure and it can affect our mental health in different ways.

"Prioritise and tackle things one at a time."



If Christmas is a hard time for you, here are some tips from MIND to help you cope at Christmas time:

1. Be gentle, generous and patient with yourself—prioritise what you need.
2. Plan ahead—see if you can arrange something nice to do around Christmas time or even after Christmas.
3. Look after yourself—take time out for you.
4. Talk to other people—communicate with others about how you feel.
5. Get support if you need it.

Other ways to enjoy this Christmas period are simply to make sure you are sleeping enough, you are eating and drinking well and you are keeping active.

A Christmas Wish

God give you blessings at Christmas time;
Stars for your darkness, sun for your day.
Light on the path as you search for the way,
And a mountain to climb.
God grant you courage this coming year,
Fruit for your striving, friends if you roam,
Joy in your labour, love in your home.
And a summit to clear.

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Our 12 Days of Christmas Ideas for you and your families!

1. Wrap up warm and head out for a walk to see who in your area has put up Christmas displays. As you walk, you could share a Christmas story or sing-carols.
2. DIY wreath making—you can collect your own branches and pine cones to get started!
3. Christmas movies—you could even make this a marathon!
4. Popcorn garland! You can up-cycle any leftover popcorn and create a string of popcorn for decoration.



5. Baking day! Spend the day making cookies.
6. Cookie swap—meet up with friends to swap your cookies with theirs.
1. Make a Gingerbread House!
2. Make your own Christmas ornament.
3. Hot chocolate buffet ... mmm!
4. Go to a local Christmas Fayre—search on the internet for local events that are taking place.
5. Donate to charity—share your family's giving spirit by donating an old toy to a charity. It will brighten up your Christmas as well as the child who will receive your donation.

Follow the link to take you to Mind's website which details help and support line numbers:

<https://www.mind.org.uk/information-support/tips-for-everyday-living/christmas-and-mental-health/useful-contacts/>



Finally, from our Prior's Mill family to yours, we as staff, wish you a merry Christmas and a happy New Year. We hope that your Christmas break is full of joy and making memories together. We will see you in 2022!

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