



# Healthy Coping Tools

## at Christmas



The holiday season can challenge routines and tempt us into unhealthy coping habits, like excessive drinking or neglecting self-care. These tools are designed to provide positive, structured ways to manage stress and maintain wellbeing.

### Spend time in nature

Aim to spend at least 15 minutes outdoors each day, even if it is just stepping outside for fresh air. For a longer break, visit a park or take a walk where you can enjoy some greenery and unwind.

### Connect with someone

Reach out to a friend or family member each day, even if it is just for a quick text or phone call. Schedule a coffee or walk with someone whose company you enjoy for a deeper connection.

### Meal prep

Plan a few healthy meals or snacks and make a grocery list to keep nutritious options. Preparing easy meals ahead of time, like soups, salads or veggie wraps can help you reach healthier choices. Bring your own food.

### Stick to a routine

Choose two or three core parts of your routine. Sticking to these, even if other parts of your days change, can help you feel grounded.

### Bring non-alcoholic beverages

Bring a few 0% alcohol drinks or festive non-alcoholic beverages to gatherings to reduce any pressure to drink.

### Do something you enjoy

Set aside a specific time each day to do something fun and enjoyable, whether that is reading, crafting or playing a game or listening to your favourite music.

