

Self-care at Christmas Weekly Advent Calendar 2023

We have put together an SEMH self-care at Christmas weekly advent calendar resource, to support staff leading up to the Christmas holidays. We invite you to make use of this for yourself and share with your colleagues.

Access our weekly advent resources on slides 6-9! Don't forget to find our little hidden 'Gif' stars too! But first, please check out our signposting resources, which may be helpful for children, young people, families, friends and colleagues that you know.

We would like to take this opportunity to thank you for all your continued hard work and dedication in your schools/settings communities this term. We look forward to continuing working with you next term.

SEMH Strategy Team



First ...



A little reflection from
Father Christmas after he
learnt about Essex's Trauma
Perceptive Practice
Training...



Here are some signposting resources, which may be helpful to share with children, young people, families, friends and colleagues you know.

Signposting resources:

- [Christmas coping tips - Mind](#)
- [Warm Spaces - Essex Wellbeing Service](#)
- [Charlie Waller - asking for help simple guides \(adult and CYP versions\)](#)
- [Coping with an eating disorder at Christmas - Beat \(beateatingdisorders.org.uk\)](#)
- [Coping with grief at Christmas \(cruse.org.uk\)](#)
- [Coping with grief at Christmas | Winston's Wish \(winstonswish.org\)](#)
- [Looking After Your Mental Health at Christmas | Blog | YoungMinds](#)
- [If you're finding things hard this winter \(samaritans.org\)](#)





Signposting poster resources:

- [Samaritans helpline poster](#)
- [Support for your mental health NHS poster](#)
- [A3 Nightline poster \(papyrus-uk.org\)](#)
- [A4-HOPELINE247-Poster-Redesign-Eng.pdf \(papyrus-uk.org\)](#)
- [Kooth-Poster.pdf \(eastridingcollege.ac.uk\)](#)
- [helpline-poster.pdf \(educationsupport.org.uk\)](#)
- [SHOUT downloadable posters](#)





Signposting helplines:

- [Contact Us | Samaritans](#)
- [Childline | Childline](#)
- [Home | Refuge National Domestic Abuse Helpline \(nationaldahelpline.org.uk\)](#)
- [Papyrus UK Suicide Prevention | Prevention of Young Suicide \(papyrus-uk.org\)](#)
- [Shout - UK's 24/7 Crisis Text Service for Mental Health Support | Shout 85258 \(giveusashout.org\)](#)
- [Eating Disorder Services Over Christmas \(beateatingdisorders.org.uk\)](#)
- [Kooth.com](#)
- [Where to get urgent help for mental health - NHS \(www.nhs.uk\)](#)
- [SET CAMHS crisis line:](#)
 - [Call SET CAMHS - Freephone 0800 953 0222 \(Monday - Friday Between 0900-1700\)](#)
 - [Or](#)
 - [Call NELFT Mental Health Direct: 0800 995 1000 \(Out of Hours / Weekend or Bank Holidays\)](#)



Week 1

1 - 3 December

- Charlie Wallers Advent of Kindness - [Adult Version](#) [CYP Version](#)
- [Self-care planning: Working towards wellbeing](#)
- [Self-care Action Plan](#)
- [Small ways to practice self-care in difficult times](#)
- [NHS 5 steps to mental wellbeing](#)
- [Free five minute guided with Eve](#)



[GIF](#)



[GIF](#)



[GIF](#)



Week 2

4 - 10 December

- [Stress and Your Brain: Working Towards Wellbeing - YouTube](#)
- [Square Breathing: Working Towards Wellbeing - YouTube](#)
- [NHS 10 Stress Busters](#)
- [NHS Inform - what to do if you are struggling with stress](#)
- [Building personal resilience](#)
- [Structured Problem-solving: working towards wellbeing](#)
- [Headspace mini meditation - unwind](#)
- [Staying mindful at Christmas | Tips for minding our mental health and wellbeing - YouTube](#)

GIF

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Week 3

11 -17 December



GIF

- [Managing Strong Emotions: Working Towards Wellbeing - YouTube](#)
- [Worry Time: Working Towards Wellbeing - YouTube](#)
- [Tips on How to Regulate the Nervous System from a Clinical Psychologist - YouTube](#)
- [The Science of Gratitude - YouTube](#)
- [Optimism - YouTube](#)
- [Students Discover the Power of Gratitude on a Community | Class Act - YouTube](#)
- [The Power of Gratitude in Uncertainty | Andy Crisis Wisdom - YouTube](#)



GIF



Week 4

18 - 24 December

- [Eight winter wellbeing tips · MHFA England](#)
- [Free self-kindness toolkit for adults | British Red Cross](#)
- [Trouble Waking Up? How to Become a Morning Person from a Sleep Expert - YouTube](#)
- [How to Start a Mindful Morning Routine - YouTube](#)
- [Trouble Sleeping? Tips to Help You Get To Sleep Better - YouTube](#)
- [Understanding Sleep Cycles \(And What To Do When They're Disrupted\) - YouTube](#)
- [Podcast: The Power of Gratitude with Dr. Laurie Santos - YouTube](#)
- [Enjoy The Celebration: A Meditation for Recharging Your Social Battery Around the Holidays - YouTube](#)



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If you haven't already signed up to do our Essex's Trauma Perceptive Practice training, please look at our [training leaflet](#) and [training offers](#) to find out more.

If you haven't already signed up to the Designated Mental Health newsletter, please email the SEMH strategy mailbox to subscribe: semhstrategy@essex.gov.uk. Our half termly newsletters provide updates, resource and signposting to support children, young people, families and professionals' emotional wellbeing and mental health.

Best wishes

SEMH Strategy Team

