BOOST YOUR FEELGOOD! THIS CHRISTMAS

Healthworks
the community health charity

www.healthworksne.org.uk

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Healthworks Community Wellbeing

Give your feelgood a boost!

#1 Have a digital detox!

Turn off the technology so you don't get overwhelmed with social media alerts, world news and work emails. Give yourself a break from it, pop the 'phone on silent and enjoy spending time with your family and friends in real time!

#2 Set aside and protect some "me-time" everyday

Make sure you take time out each day for you...think about things that bring you joy, things that energise you or relax you, and set aside (and protect) at least 20 minutes everyday to enjoy doing them!

#3 Focus on giving

It's been proven that it makes humans feel good! The possibilities for giving are endless and don't have to involve spending money on buying fancy gifts.
You could give:

- Some of your time
- Someone a helping hand
- Someone a call or a text

#4 Get outdoors

Try and get out and about as much as you can over the festive period. A walk, even if it is cold, is a great way to boost your mood. Staying cooped up in the house for long periods isn't great for your mental wellbeing.

#5 Eat well at Christmas

You are what you eat! It's typically a time of over-indulgence, but too many unhealthy choices, for example too much sugar, can have an impact on your health and wellbeing in the short and longer term. Try to eat fruit and veg every day, and drink plenty of water (drinking a glass before every meal can help keep you hydrated).

#6 It's good to talk

Christmas is a time when you might feel pressured to be jolly, but if you are struggling, then talk to someone you trust about how you feeling, whoever that may be.
It can help improve your mood and help you deal with tough times.

#7 Try not to compare...

Christmas is a time of year where it's easier to look at what others have got in their lives, and social media can play a part in making any sense of inadequacy worse. If you're feeling the pressure. try to think about all the great things that you have in your life; things that you truly cherish and value. They could be anything, and they don't have to be big things...sometimes small things bring the most joy!.

#8 Reach out

None of us are super-human. At times we all get overwhelmed by how we feel, especially when things go wrong. If things are getting too much for you and you feel you can't cope, ask for help. The Samaritans are available all year round, their new helpline number is 116 123 and calls to this helpline number do not appear on phone bills.

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Where to get advice and support

- **List of useful contact numbers**

- **Samaritans 116 123**
- **NHS Direct 111**

- **Useful websites:**

Best Start Pregnancy and Breastfeeding - Healthworks has a dedicated team that works Citywide to provide Amazing Start Services: https://www.healthworksnewcastle.org.uk/service/antenatal-breastfeeding-support/

Children and Families Newcastle
Help and support for children aged 0-19 https://www.newcastle.gov.uk/services/care-and-support/children/getting-help-children-and-families/children-families-newcastle-0

Information Now https://www.informationnow.org.uk/
Online information about services for people who live in Newcastle

Action for Children https://www.actionforchildren.org.uk/

Barnardos https://www.barnardos.org.uk/

Children North East https://www.children-ne.org.uk/

Free and Emergency Food https://www.informationnow.org.uk/article/food-banks-in-newcastle/

Benefit Advice https://newcastle.gov.uk/services/welfare-benefits

Search Services for over 50's http://www.searchnewcastle.org.uk/

Riverside Community Health Project http://www.riversidechp.co.uk/

Citizens Advice Bureau (CAB) http://www.citizensadvice-newcastle.org.uk/

Energy Advice:

- **Ofgem https://www.ofgem.gov.uk/information-consumers/energy-advice-households**
- **Energy Savings Trust https://energysavingtrust.org.uk/energy-at-home/**
- **Newcastle City Council https://www.newcastle.gov.uk/services/environment-and-waste/energy-advice**
- **CAB http://www.citizensadvice-newcastle.org.uk/services/energy-advice**
- **Government Green Deal https://www.gov.uk/green-deal-energy-saving-measures**

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Community Wellbeing Pathfinder Service

Feeling the financial pressure? We're here to help!

Rising costs, heating bills and extra expenses can make this time of year stressful. If things feel tough, you are not alone. Support is available locally



Community Wellbeing Pathfinder Service

One-to-one support for adults (18+) in Newcastle, including:

- **Financial wellbeing**
- **Housing**
- **Employment**
- **Mental health**
- **Advice, signposting and action plans**

Scan the code, pop in or call 0191 2724244

We're here to support you this winter...Talking to someone can relieve pressure, and reaching out early gives you more options.

Newcastle City Council

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