

Holiday Self-Care Tips



Make space for messy feelings like grief.



Learn to say no without feeling guilty.

Create your own holiday traditions.



Keep your stress levels in check. It's okay to step back or delegate.



Set realistic expectations for yourself and the holiday.



Make a plan and try to stick to it. Organization is key.

Keep your self-care routine or begin a new one.



Give yourself permission to let it be a normal day.



BlessingManifesting

Health & Wellbeing Support for you - December 2025

Action for Happiness Calendar

December Kindness 2025

MONDAY

1 Spread kindness and share the December calendar with others

8 Do something helpful for a friend or family member

15 Say hello to your neighbour and brighten up their day

22 Congratulate someone for an achievement that may go unnoticed

29 Turn off digital devices and really listen to people

TUESDAY

2 Contact someone you can't be with to see how they are

9 Notice when you're hard on yourself or others and be kind instead

16 Look for something positive to say to everyone you speak to

23 Choose to give or receive the gift of forgiveness

30 Let someone know how much you appreciate them and why

WEDNESDAY

3 Offer to help someone who is facing difficulties at the moment

10 Listen wholeheartedly to others without judging them

17 Give thanks. List the kind things others have done for you

24 Bring joy to others. Share something which made you laugh

31 Plan some new acts of kindness to do in 2026

THURSDAY

4 Support a charity, cause or campaign you really care about

11 Buy an extra item and donate it to a local food bank

18 Ask for help and let someone else discover the joy of giving

25 Treat everyone with kindness today, including yourself!

FRIDAY

5 Give a gift to someone who is homeless or feeling lonely

12 Be generous. Feed someone with food, love or kindness today

19 Contact someone who may be alone or feeling isolated

26 Get outside. Pick up litter or do something kind for nature

SATURDAY

6 Leave a positive message for someone else to find

13 See how many different people you can smile at today

20 Help others by giving away something that you don't need

27 Call a relative who is far away to say hello and have a chat

SUNDAY

7 Give kind comments to as many people as possible today

14 Share a happy memory or inspiring thought with a loved one

21 Appreciate kindness and thank people who do things for you

28 Be kind to the planet. Eat less meat and use less energy



give

ACTION FOR HAPPINESS

Happier · Kinder · Together

Trussell Trust Reverse Advent Calendar



Reverse Advent Calendar

Please check your local food bank's website for Christmas opening times, and to see what they may be running short of. Thank you!

1 Tinned soup	2 Shampoo	3 Variety tins or boxes	4 Tinned tomatoes	5 Rice	6 Deodorant
7 Box of biscuits or chocolates	8 Nuts and confectionery	9 Tinned fish	10 Coffee	11 Jam	12 Breakfast cereal
13 Tea bags	14 Chocolate bars	15 Long-life fruit juice	16 Instant mash potatoes	17 Tinned vegetables	18 Cooking sauces
19 Tinned potatoes	20 Tinned meat	21 Toilet rolls	22 Rice pudding	23 UHT long-life milk	24 Tinned fruit

- A reverse advent calendar turns the usual advent calendar on its head. Instead of opening the windows and taking out treats, you add one thing each day.
- Starting on December 1, just like a regular advent calendar, each day you should add one item to your Christmas hamper (a plastic bag or cardboard box will do). At the end, take the supplies to your local food bank and feel the glow of knowing you've spread some comfort and joy.
- Any food bank will be happy to accept your donations, as usual. Many supermarkets also have drop off points. Remember to check when your local food bank closes for Christmas and get your donations to them in good time.



Learning Opportunities –

click images for links



What really makes us happy – and why do we so often get it wrong?

At this special event, leading psychologist Professor Bruce Hood will explore what decades of scientific research can teach us about how to live well. Drawing on insights from his acclaimed book *The Science of Happiness*, Bruce will reveal why the things we think will make us happy often don't – and what actually works instead.

Lessons for Living Well

with Prof Bruce Hood

Monday, 8 December 2025
19:00-20:00

TICKET PRICE
Optional Donation

Register here

SHARE THIS



 **Coventry and Warwickshire Training Hub**

CWTH Coaching Scheme

Coaching can help you reflect, grow, navigate your next steps at any point in your career.

Our Coaching offer consists of six sessions with a trained coach, open to the whole workforce across Coventry and Warwickshire. These sessions can be conducted face-to-face or online.

Coaching Aims:

- Increased reflection
- Goal setting and accountability
- Using questioning, feedback and problem solving
- Cultivate autonomy, empowerment and critical thinking

In these sessions, you can discuss the following with your coach:

- Performance Development
- Communications Skills
- Work/Life Balance
- Career Development
- Leadership
- And more!



cwtraininghub.co.uk    @cwtraininghub

Coaching & Mentoring

Coaching and mentoring can help you reflect, grow and navigate your next steps - whether you're developing in your role or looking ahead to what's next

Coaching	Mentoring
<ul style="list-style-type: none">ReflectionGoal setting and accountabilityNeutral and more task focusedQuestioning, feedback and problem solvingCultivates autonomy, empowerment and critical thinking	<ul style="list-style-type: none">Experience sharing and storytellingGuidance and adviceLess formalProvision of supportKnowledge transfer

Coaching	Mentoring
<ul style="list-style-type: none">6 sessions with a trained coachCharges may applyConfidentialFace-to-Face and Online sessions available	<ul style="list-style-type: none">Access to a mentor for 6 monthsWide range of mentors to choose fromFree and confidentialFace-to-Face and online sessions available

To receive our coaching profiles: 

To receive our mentor profiles: 

  cw.traininghub@nhs.net  @cwtraininghub



12.30pm,
10th
December:
How to
escape the
urgency
trap



Vivup (choose 'Coventry')

Wellbeing support and 700+ discounts on everyday essentials

 <h3>In The Moment Support</h3> <p>A type of counselling or support that is provided in real-time, at the very moment when a person is experiencing a particular issue, emotional distress, or crisis</p> <p>Need to talk? Call us on 0330 380 0658</p>	 <h3>24/7 Telephone Support</h3> <p>Speak in confidence to fully qualified counsellors and support specialists 24/7, 365 days a year to discuss any emotional, personal or work-related issues.</p> <p>Need to talk? Call us on 0330 380 0658</p>
 <h3>Resources</h3> <p>We understand that not everyone feels comfortable discussing their issues or concerns with another person. Explore a wide range of resources designed to help you including blogs, podcasts and workbooks, giving you the advice and guidance on how to manage your wellbeing.</p> <p>Click to view the full list</p>	 <h3>Debt Advice</h3> <p>Dealing with debt can be stressful and can be a cause of worry, meaning you may find it difficult to concentrate on work or other responsibilities. Angel Advance provides 24/7 online debt advice to get you back on track and make your finances more manageable.</p> <p>Get debt advice now</p>
 <h3>Ask Bill</h3> <p>Free and impartial help, advice and tips on how to reduce your utility bills, manage your money and deal with debt issues, as well as support for tackling these problems in emergency situations</p> <p>Click to view details</p>	 <h3>Domestic Abuse</h3> <p>Bright Sky is a safe, easy to use app and website that provides practical support to anyone who may be in an abusive relationship or those concerned about someone they know on how to respond to domestic abuse.</p> <p>Click to find out more</p>







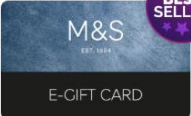



CHANCE TO WIN

£100 GIFT CARD

Register on the Vivup platform between 00:00 on 1st October 2025 and 23:59 on 31st December 2025 for your chance to win 1 of 10 big-brand gift vouchers worth £100!

Register now at Vivup

*Terms & Conditions apply. visit vivupbenefits.co.uk/promotional-terms-conditions under a 'Chance to win one of 10 prizes'

 <p>Tesco - eGift Card</p> <p>Save 4% with an eGift Card. In-Store Use Only. T&Cs apply.</p> <p>Save 4%</p> <p>E-vouchers</p>	 <p>Sainsbury's - eGift Card</p> <p>Save 4.5% with an eGift Card. In-Store & Online Groceries...</p> <p>Save 4.50%</p> <p>E-vouchers</p>	 <p>ASDA - eGift Card</p> <p>Save 4% with an eGift Card. In-Store & Online Groceries Use...</p> <p>Save 4%</p> <p>E-vouchers</p>	 <p>Currys - eGift Card</p> <p>Save 6.7% with an eGift Card. T&Cs apply</p> <p>Save 6.70%</p> <p>E-vouchers</p>
 <p>M&S - eGift Card</p> <p>Save 6.5% with an eGift Card. T&Cs apply</p> <p>Save 6.50%</p> <p>E-vouchers</p>	 <p>Argos - eGift Card</p> <p>Save 6% with an eGift Card. T&Cs apply</p> <p>Save 6%</p> <p>E-vouchers</p>	 <p>Vue</p> <p>Save up to 32%</p> <p>Save 32%</p>	 <p>Cineworld</p> <p>Save up to 30% at Cineworld via The Cinema Society. T&Cs...</p> <p>Save 30%</p>

Anger Awareness Week -

1st to 7th of December



Christmas is the most stressful time of the year for many people.

Keep Your Cool This Yule Kit from BAAM help you avoid the stress, and associated anger. It's bursting with practical anger management tips covering both the pre-Christmas preparation period, and the 'big day' itself. And it includes some interesting statistics about how we experience Christmas in the UK...

What the surveys say...

- More than half of all Brits have family disagreements at Christmas
- A quarter of all adults say relationships with their partners come under pressure over the period, and an eighth say a festive argument made them want to split up
- Calls to Relate go up by 59% over Christmas
- The average family has their first argument at 9.58am on Christmas Day morning. Popular topics include:

Most likely reasons for increased anger are...

- Who's doing the washing up
- Spending more time with family than usual
- Too much alcohol
- Battles over the TV remote control

Mind – Anger
NHS - Anger



KEEP YOUR COOL THIS CHRISTMAS

Here at BAAM, we wish you a chilled out Christmas. See our Keep Your Cool over Yule Kit below to help you stay that way.



Decembeard



Say goodbye to morning-fresh shaves and hello to full-on facial hair. Grow a beard this December or decorate the one you have and help save lives.



Our vision is a future where nobody dies of bowel cancer, but we can't achieve this alone. The money raised during Decembeard will help stop people dying of bowel cancer by funding our vital services and lifesaving research.



Christmas Jumper Day

– 12th December

Ctrl + click link for resources

Christmas Jumper Day is one of Save the Children's biggest annual fundraising events. It's been going since 2012!

Every December we ask schools, workplaces, and community and friend groups to put on a Christmas jumper and donate whatever they can afford. And every year, millions of you join us in making the world better in a sweater.

By taking part this year you can help support kids and families who are having to deal with an increasingly volatile world. We'll use the money raised on Christmas Jumper Day to help children in the UK and all around the world stay safe, healthy and learning - and change their future for good.



Save the Children

Christmas Jumper Day

Be part of it!

Where

When

Other details

FR Registered with FUNDRAISING REGULATOR

Save the Children Fund is a charity registered in England & Wales (233198), Scotland (SC009570) and Isle of Man (1395).



World Aids Day

– 1st December

1 DECEMBER 2025



Powered by
**National
AIDS Trust**

World AIDS Day exists to shine a light on the real experiences of people living with HIV today, while celebrating the strength, resilience and diversity of the communities most affected. It is a moment to inspire the leadership needed to create a future where HIV doesn't stand in the way of anyone's life.



1 DECEMBER 2025



"There's a pill called PrEP that stops you getting HIV. Donate now to help us improve its availability so we can stop new cases by 2030."

Dr Ronx

**YOU CAN
END NEW
HIV CASES
BY 2030**

worldaidsday.org



Registered charity no. 297977

Christmas and Mental Health

Christmas can affect our mental health in lots of different ways. This could be if Christmas is part of your life, or if it's happening around you. It's a time of year that often puts extra pressure on us.

Christmas could affect your mental health if you:

- Wish you didn't have to deal with Christmas, or find it stressful because of other events in your life
- Feel alone or left out because everyone else seems happy when you're not
- Feel frustrated by other people's views of a 'perfect' Christmas, if these feel different to your experiences
- Have ideas about what Christmas should be like, feel as if you need to enjoy it or worry something will disrupt it
- Feel like Christmas gives you something to focus on and look forward to, and find it difficult when it's over
- Look back at difficult memories, regret things about the past, or worry about the coming new year
- Feel overlooked, for example if you celebrate other religious festivals or holidays that get less attention
- Want to celebrate with someone who's struggling

What can I do to get through Christmas?

If Christmas is a hard time for you, it's important to remember that you are not alone. There are things you can try that might help, such as:

- [Learn about why Christmas is hard for many people](#)
- [Read tips to help you cope at Christmas](#)
- [Find ways to support others during Christmas](#)
- [Discover useful contacts for finding support at Christmas](#)



TIPS FOR MANAGING YOUR MENTAL HEALTH AT CHRISTMAS



- [Alcohol & Mental Health](#)
- [Debt & Mental Health](#)
- [Diet & Mental Health](#)
- [Loneliness in the Festive Season](#)
- [Financial Anxiety during the holidays](#)
- [Managing your mental health in the holidays](#)



Mental Health Support

- Call Mind Infoline - 0300 123 3393 or Coventry and Warwickshire Mind - 024 7655 2847
- Call 116 123 to talk to Samaritans, or email: jo@samaritans.org for a reply within 24 hours
- Text "SHOUT" to 85258 to contact the Shout Crisis Text Line, or text "YM" if you're under 19
- Debtline - 0800 731 7973
- Wellbeing for Warwickshire - Available 24/7, 365 days a year, 0800 616171
- Blue Cross Pet Bereavement - 0800 096 6606
- Woman's Aid - 0808 200 0247
- No Panic - 0808 808 0545
- Carers Helpline, Warwickshire & Coventry - 01926 485486 / 024 7663 2972
- Substance Misuse Service, 24 hour helpline - 01926 410281
- NHS Talking Therapies, Cov & Warks - 024 7667 1090
- **NHS 111 for crisis support, or 999 if a life is at risk**





Thank you – and Merry Christmas!

Please get in touch if you have anything you'd like to share in a future newsletter:

- Special achievements
- Thank yous, shout outs and celebrations
- A special interest
- A happy story
- A favourite wellbeing tip



Contact your Health & Wellbeing Champion for 1:1 wellbeing support

