



6 TIPS TO LOOKING

AFTER YOUR
MENTAL HEALTH
THIS HOLIDAY
SEASON



ONE

STICK
TO YOUR
ROUTINE



TAKE CARE OF YOUR MIND BY TAKING
CARE OF YOUR BODY. FOR EXAMPLE:

- * Get enough sleep, practice healthy sleep hygiene and adhere to the same sleep schedule as best you can
- * Prioritise consistency and regularity of meals throughout a likely disrupted day
- * Incorporate some form of enjoyable movement in each day



TWO

SET A
MINDFULNESS
GOAL
EACH DAY



START OR END EVERY DAY WITH A GOAL
ASSOCIATED WITH PRACTICING A SPECIFIC
PSYCHOLOGICAL SKILL, SUCH AS MINDFULNESS.

This will support you to build in the neural
networks associated with the skill and a
daily practice you can incorporate back into
routine life. An example, is 5-10 minutes
mindfulness using an app everyday



THREE

BUILD IN
CONNECTION
AND
MEANING



TRY NOT TO GET CAUGHT IN SIMPLY
FOCUSING ON THE NUMBER AND TYPE OF
SOCIAL EVENTS YOU ATTEND.

Rather focus on building in meaningful
connection towards something or someone
important to you. Use this time to prioritise
value driven action, such as quality time
with your partner, time spent in nature or
join an team/community event.



FOUR

DON'T
ENGAGE
IN HOLIDAY
DIET TALK



HOLIDAY SEASON TENDS TO BE
HEAVILY INFLUENCED BY DIET CULTURE,
WITH CONVERSATIONS FOCUSED ON DIETS
OR WEIGHT.

Actively protect yourself from these types
of unhelpful conversations that often arise
with family or friends. It is okay to change
the subject, leave the room, or try a boundary
setting statement of “This type of conversation
feels unhelpful for me”



FIVE

TAKE UP
A 'MASTERY'
ACTIVITY



USE THIS VALUABLE TIME AWAY FROM
USUAL DEMANDS TO BUILD IN A SENSE
OF MASTERY.

This is a DBT skill that helps you feel a sense of confidence and control within your surroundings and yourself. Mastery activities can be engaging and challenging tasks, and essentially means doing things that make you feel accomplished. It could be a creative or passion endeavour you have lost touch with, such as cooking or painting. Or it could be starting something new you have been meaning to such as yoga or attending an ceramics class.



SIX

CREATE
A TRAVEL
SENSORY
KIT



BEING AWAY FROM OUR FAMILIAR AND
CONTROLLED ENVIRONMENT CAN
BE DYSREGULATING.

Create a sensory kit that you can take with
you as you travel that incorporates comforting
and familiar sensory items from home.

Examples can be, a favourite oil or scent,
a heat pack, flavoured tea-bags,
reminder of a safe person/place,
mini sketch book and a weighted object.