

December 2024

Free Monthly Wellbeing Guide



Managing Mental Health During the Festive Season

Welcome to ABC Community Network's monthly digital wellbeing guide! This free digital resource is here to support you through the festive season, a time that can be challenging for many.

Whether you're navigating loneliness, managing mental health, or seeking support services, we've got you covered.

What's Inside?

Dealing with Loneliness | Everyday Mental Health Tips

Support Services | ABCCN 4 Health Activities | Wellbeign Word Search



Christmas Tips

Dealing with Loneliness

ABC
COMMUNITY
NETWORK



Professional Support

Tip: Don't hesitate to reach out to helplines or counselling services if you need to talk to someone.

"Connection is why we're here; it is what gives purpose and meaning to our lives."



Connect with Community

Attending local events, like those hosted by community centres or churches, to meet new people and feel part of a group can be very beneficial to your wellbeing.

Volunteer

Helping others can reduce loneliness and bring a sense of purpose. Check for opportunities in food banks, shelters, or community events.

Bonus Tip - Start a New Tradition: Create your own festive rituals, such as cooking a special meal, watching your favourite holiday film, or decorating your space.

EVERYDAY MENTAL HEALTH QUICK TIPS



Stay Active

Regular exercise, even a short walk, can boost your mood and reduce stress.

1

Connect with Others

Spend time with friends or loved ones, or reach out to someone you trust for a chat.

2

Practice Mindfulness

Take a few minutes each day to focus on your breathing or try a meditation app to centre yourself.

3

Prioritise Sleep

Aim for 7-9 hours of quality sleep each night to recharge your mind and body.

4

Do Something You Enjoy

Engage in a hobby or activity that makes you happy, like reading, cooking, or crafting.

5

WELLBEING WORD SEARCH



Mental health and wellbeing

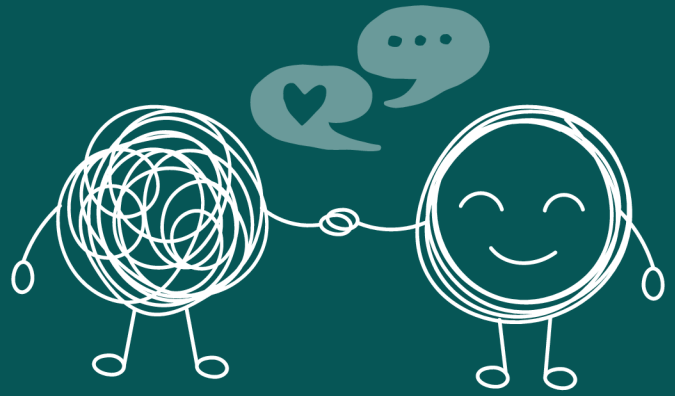
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PERSONALITY | APPRECIATED | SYMPTOMS | STRESS
EMOTIONS | WELLNESS | HARMFUL | USEFUL | BULLYING
PROBLEM | SUPPORT | WARNING | ANXIETY | HELP
DEPRESSION





SUPPORT SERVICES

IT'S OKAY TO ASK FOR HELP.




Samaritans


 116 123

 www.samaritans.org/ni




Lifeline 24/7 Helpline

 0808 808 8000

 www.lifelinehelpline.info





Dunlewey Addiction Services Problem Gambling Helpline

 08000 886 725 (NI)



Sands NI Helpline

 0808 164 3332

 helpline@sands.org.uk



ABCCN 4 HEALTH ACTIVITIES



Community Volunteer-run Garden at ABC CN

ABC Community Network proudly maintains a beautiful Victorian community garden, lovingly cared for by our dedicated volunteers. We're always eager to welcome new faces to join us in preserving this cherished green space!



Free Men's Chair Yoga Classes

At ABC Community Network, we regularly offer free chair yoga sessions for men, led by our skilled instructor, Bruce White. These sessions are tailored to promote relaxation, flexibility, and wellbeing in a supportive community setting.



Upcoming Events / Activities

Keep an eye on our social media and website for details about upcoming events and activities for Men!

Get Involved,
Boost your overall health,
Make new connections.

 abccommunitynetwork.com  028 3839 2777

