Our Top 3 Tips...

for winter break wellbeing wonderfulness!

The break from school for the winter holidays can mean we put aside our normal routine, and spend some more time at home.

However, losing that routine and things like being away from our friends can bring up some difficult emotions. These three tips will help you to deal with those feelings:

1 Count those blessings:

Remember that films and TV programmes are make believe about magical Christmas holidays. They aren't real, and real life isn't always perfect, and that's what makes it so much more fun and interesting!

Instead of worrying about what's not 'perfect', take some time every day to think about the things you are really glad for. Is it nice not having to rush to school? Is it nice to look outside and see the frosty mornings? Is it nice having the time to do some of your hobbies?

2 Breathe:

The Winter break might see us spending more time with the people we live with.

Sometimes this can feel brilliant and sometimes it can feel quite tricky or difficult. If you begin to feel overwhelmed, take some time out by taking some deep, slow, calming breaths outside or in your room (or anywhere you can be on your own for a little while).

3 Exercise:

Exercise is great for our mental health – whether that's a few star jumps at home, or a wintry walk or bike ride to see our friends.

Moving our bodies and getting some fresh air if we can can really help lift our mood if we're feeling low.

So, drop those controllers and get moving! Set a target – time or distance. Why not rope in your friends too?

And all of us here at The Happiness Club wish you a very festive and fun holiday!