

People Health and Wellbeing


Staying well over the Festive Season

December 2023

While the festive period is often associated with togetherness, joy and celebration; for many it can be a time of high stress, anxiety and loneliness, and financial concerns, family demands and intense work pressure can all contribute to this.

For this reason, it is more important than ever during the festive period to prioritise your wellbeing.


This month we will be exploring ways to care for yourself.



Connect
with others



Mindfulness



Ways to stay well over
the festive period



Eating well



Managing
expectations

Connecting with others

Whether you celebrate Christmas or not, the festive season can come with feelings of loneliness. So, it is important to reach out to others and connect.

Volunteering can be a great way to connect with new people. You may wish to join a foodbank, co-operative or perhaps a charity such as Age Cymru to help others who experience loneliness.

You can find volunteering opportunities in Cardiff at Volunteer Cardiff or across Wales on the Dewis Cymru website.



Volunteer Cardiff



Dewis Cymru

Try to prioritise some quality time with those in your life – whether that's making time to have lunch with a colleague, turning the TV off to have a family meal together, or checking in with a friend.



Managing Expectations

For some, the festive season can leave us feeling pressured to provide spectacular gifts, food, be sociable and for everything to be 'perfect'. All these demands can at times seem insurmountable.

Try to manage this pressure by recognising what you do and don't have control over, and by trying not to focus on providing the 'perfect Christmas'. Instead, come back to your values and what really matters to you.

Financial pressure

Christmas can often lead to financial pressures, as we may feel obligated to spend beyond our means to buy perfect gifts, expensive food or socialise.

- Create a realistic budget and make the most of it using budgeting tips.
- Get creative - try making some of your own gifts or offer to do something as a gift.
- Be honest about your financial situation and find some ways together to have fun on a budget.



Budgeting Tips



CAVUHB - Financial Wellbeing and
cost of Living Support

Eating Well

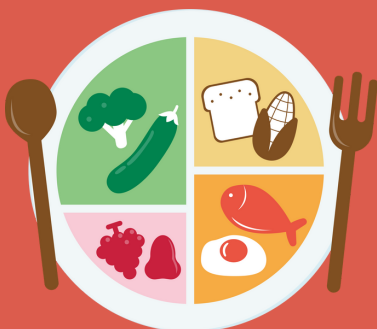
Many of us are spending more time indoors and have made changes to the way we live and connect with others.

Thankfully, ensuring that we are eating and drinking as well as we can is something that we are able to control during these uncertain times, which is one important way to take care of both our bodies and minds.

Some top tips for healthy eating are:

1. Base your meals on higher fibre starchy carbohydrates
2. Eat lots of fruit and veg
3. Eat more fish, including a portion of oily fish
4. Cut down on saturated fat and sugar
5. Eat less salt: no more than 6g a day for adults
6. Get active
7. Stay hydrated
8. Do not skip breakfast

For more tips on eating well over the festive period, scan the QR code below:



Mindfulness

The festive period can be a very busy time, so it's especially important to take a moment to relax and connect with the present moment. Mindfulness techniques can help you to refocus, acknowledge your thoughts and emotions and find some calm in the chaos.

Mindful Eating

The festive season can be a time of excess, including eating and drinking. At times, it can be helpful to bring more awareness to your eating:

- 1. Breathe.** Bring your attention inward by closing your eyes, breathing slowly in through your nose and out through your mouth around 10 times.
- 2. Tune in to your body.** Bring your attention to the physical sensations in your stomach. On a scale of 1 to 10, 1 meaning that you don't feel any physical sensation of hunger and 10 that you feel very hungry, ask yourself "How hungry am I?". Notice the physical sensations that suggest whether you are hungry (emptiness in your stomach, shakiness, no desire to eat, stomach growling, etc.). Try not to base how you feel on when you last ate or the time of day. Instead, try to really listen to your body rather than your thoughts.
- 3. Eat according to your hunger.** Now that you can better identify your hunger signals, you can more mindfully choose what to eat, when to eat, and how much to eat.

4. Practice peaceful eating. At your next meal, try to slow down and continue to breathe deeply as you eat.

5. If you don't enjoy it, don't eat it. Take your first three bites of food mindfully, experiencing the taste, flavours, textures, and how much you are enjoying what you are eating. Make mindful choices on the food you eat based on how much you enjoy it.

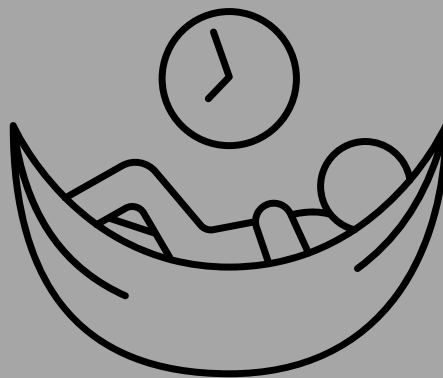
For more information about mindfulness or for guided meditation sessions, scan the QR codes below:



What is mindfulness?



Headspace guided meditation



EWS December 2023 Workshops

Menopause Café



13:00 - 14:00
Tuesday 5th
December

Introduction to Assertiveness



9:30 - 11:30
Wednesday 6th
December

Stress Risk Assessment for Managers



13:00 - 15:00
Tuesday 12th
December

Wellbeing Champions Training



9:30 - 13:30
Wednesday 13th
December

Keeping well over Xmas period



9:30 - 11:00
Tuesday 19th
December

Menopause Awareness



13:00 - 15:00
Tuesday 19th
December

Please note:

**The workshops are for Cardiff and Vale
University Health Board Staff only.**

For more information regarding our workshops, visit our Eventbrite page by scanning the QR code below:



You can also find out more on our Twitter (X) page or by scanning our webpage QR code:



@EWS_CAVUHB



 **EWS Website**

Further Support for everyone

CALM – the Campaign Against Living Miserably was set up to try to reduce the number of male suicides. Whatever your gender, you can [access support online here](#). Or call the CALM helpline on: 0800 58 58 58, which is open everyday from 5pm - midnight.

The Employee Wellbeing Service can provide support through counselling, guided self-help and signposting to other resources or services. Contact the Employee Wellbeing Service on 02921 844465 or employee.wellbeing@wales.nhs.uk.

Canopi offers a free, confidential service that provides mental health support to NHS and social care staff working in Wales.

Samaritans offer a free, confidential telephone helpline where you can talk to someone about anything that is troubling you. The helpline is open 24 hours a day, 365 days a year. Call: 116 123

Maximus offers a free, confidential service to any employee with mental health difficulties that affect their work.

www.maximus.co.uk

Coming up in January

Next month's theme is 'Making positive steps for the new year'.

If you are in crisis and do not feel you can keep yourself safe, contact your GP or the emergency services on 999 or 111.



**PEOPLE HEALTH &
WELLBEING SERVICE**
Occupational Health
Occupational Physiotherapy
Employee Wellbeing



**GIG
CYMRU
NHS
WALES**

Bwrdd Iechyd Prifysgol
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Cardiff and Vale
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