

Connection is good for our wellbeing *at Christmas.*



Here are some tips to help you feel more connected with others this Christmas:

Think ahead and plan to see family or friends over Christmas, or invite others to share Christmas with you

Volunteer with a community group - it's a great way to connect with others while focusing on a task

Create healthy boundaries so you don't overcommit to too many Christmas activities

Ask a friend or loved one to help you be accountable for healthy choices around alcohol and other drugs in the Christmas season

Participate in a community Christmas event or activity

Think about any disrupted relationships that you might need to work towards repairing

Wellbeing is for everyone everyday



Find out more about the Wellbeing Windmill, plus wellbeing tips.