Mental Health Ireland

How to Mind Your Mental Health at Christmas

The holiday season can be a wonderful time, but it often brings added demands, stress, and a change in routine that can impact your mental health. These tips are designed to help you protect your wellbeing by prioritising what matters, creating manageable plans, and setting realistic boundaries.

Plan and prioritise

Making lists can be a helpful tool that allows us to feel organised and in control in the run up to Christmas. This will allow you to prioritise what's important and schedule in some self-care time.

Plan in advance

Decide in advance which gatherings or events you'll attend and how long you'll stay. Aim for quality over quantity and communicate any limitations to family and friends. Don't be afraid to say no and to manage your time (and social battery) however you need.

Practice mindfulness

Start or end each day with a five-minute mindfulness activity, or write down what you're grateful for or feeling positive about.

Stick to a routine

Try to wake up and go to sleep at the same time every day, even though your routine is often challenged over the holidays.



Check on your loved ones

Plan to check in with friends or family before and/or after a stressful event. Also don't forget to check in on yourself, take some deep breaths and make some time for your own needs.

Prioritise self-care

Dedicate 10-15 minutes each day to self-care to help you recharge.

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