Mental Health Ireland

Healthy Coping Tools at Christmas



The holiday season can challenge routines and tempt us into unhealthy coping habits, like excessive drinking or neglecting self-care. These tools are designed to provide positive, structured ways to manage stress and maintain wellbeing.

Spend time in nature

Aim to spend at least 15 minutes outdoors each day, even if it is just stepping outside for fresh air. For a longer break, visit a park or take a walk where you can enjoy some greenery and unwind.

Meal prep

Plan a few healthy meals or snacks and make a grocery list to keep nutritious options. Preparing easy meals ahead of time, like soups, salads or veggie wraps can help you reach healthier choices. Bring your own food.

Connect with someone

Reach out to a friend or family member each day, even if it is just for a quick text or phone call. Schedule a coffee or walk with someone whose company you enjoy for a deeper connection.

Stick to a routine

Choose two or three core parts of your routine. Sticking to these, even if other parts of your days change, can help you feel grounded.



Bring non-alcoholic beverages

Bring a few 0% alcohol drinks or festive non-alcoholic beverages to gatherings to reduce any pressure to drink.

Do something you enjoy

Set aside a specific time each day to do something fun and enjoyable, whether that is reading, crafting or playing a game or listening to your favourite music.

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