

ISSUE 09

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25th of December is Christmas Day



Christmas can affect our mental health in lots of different ways. This could be if Christmas is part of your life, or if it's happening around you. It's a time of year that often puts extra pressure on us.

Christmas could affect your mental health if:

- Your mental health problem might make it difficult for you to spend Christmas how you want.
- Some experiences during Christmas could make your mental health worse, or harder to manage. For example, if it triggers hypomania or mania
- You might not be able to access services that normally help, if they're closed during the Christmas period
- Your usual routines may be disrupted, which might make it harder to manage your mental health

If Christmas is a hard time for you, it's important to remember that **you are not alone**. To learn more and for helpful contacts please follow this link:

<https://www.mind.org.uk/information-support/tips-for-everyday-living/christmas-and-mental-health/christmas-and-mental-health/>

Can you help?

If you can and would like to donate, please scan the QR Code or follow this link:

<https://checkout.justgiving.com/c/2923320>



All donations are gratefully received and help us to deliver our services.

Thank you!



21st December Winter Solstice: How it can affect SAD

The winter solstice is when the days are shortest and there are the fewest hours of sunlight, which can contribute to seasonal affective disorder (SAD). This is due to:

- Reduced sunlight – the lack of sunlight during the winter can impact the brain's hypothalamus, which affects the production of hormones that regulate mood, sleep, and appetite.
- Disrupted circadian rhythm - the body uses sunlight to regulate important functions, like when to wake up, so the reduced light levels in the winter can disrupt the body's internal clock.



Some things that can help:

- Practicing art therapy, such as drawing, painting, or sketching
- Journaling
- Spending time in nature
- Meditating
- Taking care of your body by eating a healthy diet

A message from all of us at Caerphilly Borough Mind

We want to wish a very merry Christmas to all who celebrate!

We are aware there may be several reasons why you do not celebrate Christmas.

Whether you celebrate or not, we are sending well-wishes to everyone and hope you stay safe



If you need 24/7 support during this period, please contact:

- **NHS 111 Wales** – Dial 111 and choose option 2
- **Samaritans** – 116 123