



# MATES TOOLBOX TIPS FOR CHRISTMAS

The **MATES Support Line** will be available throughout the Christmas and New Year holiday period including all public holidays.

Christmas is often a time of cheer, togetherness, good food, drinks and gifts. But for a lot of people that isn't the reality at all. In fact, for many, this is the toughest time of year, particularly those experiencing:

- Financial problems
- Relationship breakdowns
- Grief
- Isolation / Loneliness
- Child custody / access issues
- Depression, anxiety and/or other mental health problems

To get you through this tough time, we have a few tips:

**NEED TO TALK?**  
**0800 111 315**

## KEEP ACTIVE

Movement is great for your physical health and also improves your mental fitness too.



## STAY IN TOUCH

Connect with your friends, whanau and people in your community. If you know someone that is alone, take the time to check in with them.

## ASK FOR HELP

Talk to someone if you need help.  
0800 111 315 - MATES | 1737 - National Helpline



## TAKE A BREAK

Take 5 minutes for yourself to breathe. Make sure you get enough sleep and time to relax.

## WATCH WHAT YOU EAT AND DRINK

A healthy balanced diet is good for both your physical and mental health. Set limits on how much you drink and stick to it.



## KEEP MANAGEABLE EXPECTATIONS

Be realistic about what you can do and remember to set a budget when you shop.