



HSE HEALTH AND WELLBEING COUNTDOWN TO CHRISTMAS DECEMBER 2022



Day 1

Welcome to our Countdown to Christmas Calendar! Follow these daily tips to support your health and wellbeing as we embrace the festive season.



Day 2

Do you 'Know Your Numbers' when it comes to your health and wellbeing? Order the handy wallet card from healthpromotion.ie



Day 3

Practising and expressing gratitude reminds us to appreciate all that we have. A simple way includes creating a 'gratitude journal' and writing down 3-4 things before bed that brought you joy that day.



Day 4

Take inspiration from webinars available on the HSE Health and Wellbeing YouTube Channel, featuring topics such as 'The Psychology of Health and Happiness' and 'Identifying Your Strengths.'



Day 5

It may be the season of good cheer for many, but low mood can affect us all at various stages of our lives. For tips on improving your mood visit yourmentalhealth.ie



Day 6

Maintaining a healthy diet can be challenging when surrounded by festive feasts and tempting treats! Try to eat healthy, well-balanced meals. Search 'healthy eating' on hse.ie for tips.



Day 7

The festive season can be lonely for some. Show compassion and demonstrate kindness by checking in on more vulnerable members of your community, such as friends or neighbours who live alone.



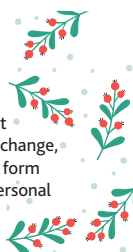
Day 8

Our physical health has a big impact on how we feel. Doing yoga, Pilates or strength & conditioning exercises can improve our physical health. Try our free online programmes available from the HSE Health and Wellbeing website and YouTube channel.



Day 9

The 'Personal Happiness Planner' will support you to set goals, create positive change, raise your energy and form new habits. Search 'Personal Happiness Planner' on hse.ie



Day 10

Christmas is a time of year that can increase our exposure to alcohol. For tips on drinking less and tools to track your drinking habits visit askaboutalcohol.ie



Day 11

Did you know that the arts (including visual art, theatre, literature, music and dance) can positively impact our health and wellbeing? Find out more at creativeireland.gov.ie



Day 12

Our online HSE Christmas concert takes place on 21st December. Plan now to come and join us for the festivities. For registration details, email healthyireland@hse.ie



Day 13

The busy festive season brings with it additional tasks for our 'to-do' list. Ease feelings of stress and embrace the Christmas chaos with tips at yourmentalhealth.ie



Day 14

Doing something creative, such as cooking and baking, can enhance our mood. [safefood's](http://safefood.ie) '101 Square Meals' recipe book has a wide range of delicious dishes to try. Available from healthpromotion.ie



Day 15

Play it safe this Christmas and throughout the year. Visit sexualwellbeing.ie for information on your sexual health and wellbeing.



Day 16

Connecting with nature can benefit our mental health. Wrap up and explore your local Slí na Sláinte route, Greenway or Parkrun this festive season.



Day 17

If managing your weight and health is your goal for the New Year, the HSE's guide to developing healthy habits can support you. Available from healthpromotion.ie



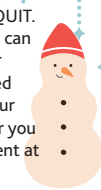
Day 18

With technology playing such a huge part of the family Christmas, there are times when it's important to put mobile devices to one side and come together and play. Visit makeastart.ie



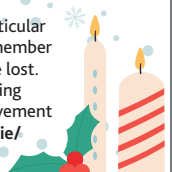
Day 19

Make 2023 the year you QUIT. The HSE Quit Programme can help you stop smoking for good. Whether you've tried to quit before or this is your first attempt, we can offer you support and encouragement at quit.ie



Day 20

Christmas is a particular time when we remember dear ones we have lost. For advice on dealing with death, bereavement and grief visit hse.ie/grief/healthcare



Day 21

Today's the day of the HSE Christmas concert. Festive fun is guaranteed! If you are unable to join us live at 4pm, registering will ensure you receive the recording. For details, email healthyireland@hse.ie



Day 22

Reduce Food Waste: As you plan your Christmas meals, consider how you can use any leftovers with tips from epa.ie



Day 23

If you are working over Christmas, ensure to take time to relax and recharge. 'Minding Your Wellbeing' provides an opportunity to learn about mindfulness, gratitude, self-care and resilience. Available from the HSE Health and Wellbeing website and YouTube channel.

Day 24

One more sleep! Good-quality sleep makes a big difference to how we feel. For tips for better sleep see yourmentalhealth.ie



Day 25

Happy Christmas to you and your family from HSE Health and Wellbeing. We wish you a healthy, safe and peaceful Christmas.

