



## If Christmas is Hard: **You Are Not Alone**

It's okay to feel lonely, sad, or anxious during the holidays.  
Here are some gentle ways to support yourself, and people to reach out to if you need help.

★ **Comfort & Connection** ★

-  Take a short walk outside. 
-  Watch a favourite movie or listen to soothing music. 
-  Cook something comforting. 
-  Write a letter or journal entry. 

★ **Creative & Mindful** ★


-  Do some colouring or crafting. 
-  Start a gratitude or memory jar. 
-  Try gentle breathing exercises. 




★ **Connect Safely** ★

-  Send a message to a friend. 
-  Join an online community. 
-  Volunteer remotely. 

### ★ ★ ★ ★ ★ Helplines & Support (Open 24/7 on Christmas Day) ★ ★ ★ ★ ★

Service	Phone	Availability
 <b>Lifeline</b>	<b>13 11 14</b>	24/7
 <b>Beyond Blue</b>	<b>1300 22 4636</b>	24/7
 <b>Kids Helpline</b>	<b>1800 55 1800</b>	24/7
 <b>QLife</b>	<b>1800 184 527</b>	3pm—Midnight
 <b>13YARN</b>	<b>13 92 76</b>	24/7
 <b>MensLine Australia</b>	<b>1300 78 99 78</b>	24/7
 <b>1800RESPECT</b>	<b>1800 737 732</b>	24/7

 **Emergency:** Call 000 if at immediate risk.

-  You don't need to "perform happiness."
-  Taking care of one small thing for yourself is enough.
-  Reaching out is strength, not weakness.

 **Our Minds at Work.com.au** | 0492 243 307

