



## 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	Creative & Mindful	Connect Safely
Take a short walk outside.	Do some colouring or crafting.	Send a message to a friend.
Watch a favourite movie or listen to soothing music.	Start a gratitude or memory jar.	Join an online community.
Cook something comforting.	Try gentle breathing exercises.	Volunteer remotely.
Write a letter or journal entry.		

Helplines & Support (Open 24/7 on Christmas Day)		
Service	Phone	Availability
Lifeline	13 11 14	24/7
Beyond Blue	1300 22 4636	24/7
Kids Helpline	1800 55 1800	24/7
QLife	1800 184 527	3pm–Midnight
13YARN	13 92 76	24/7
MensLine Australia	1300 78 99 78	24/7
1800RESPECT	1800 737 732	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.

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