

## **VTIC Hub Resources December 2022 – January 2023**

### **WHAT'S NEW DECEMBER - JANUARY - Theme: Surviving the Silly Season and New Year Holiday Period**

#### **Introduction:**

The December-January holiday period is officially ‘the silly season’ and for many people this time of year can bring on additional wellbeing challenges. For many people the festive holiday season can magnify financial issues, family conflict and loneliness and increase stress for people with anxiety and depression. In addition, research shows domestic violence reports also increase up to 20% during the Christmas-New Year period due to alcohol, stress, and the higher frequency of family gatherings. So, it’s a really important time to double down and focus on your self-care and prioritise nurturing your wellbeing to support your mental and physical health to best manage the multitude of challenges that can come with the holiday season. Here you will find information and resources on ways to stress less and tips to survive the silly season and support wellbeing as we transition into the New Year.

#### **Quick tips to look after yourself during the Xmas and New Year period include:**

- Prepare for the Christmas season stress by planning ahead
- Set boundaries to reduce Christmas stress
- Remember it’s ok to say no
- Manage relationships
- Simplify everything by scaling back where you can
- Prioritise and focus on what’s most important
- Be gentle, generous, and patient with yourself
- Slow down this year
- Take time for yourself
- Talk to other people
- Get support

#### **Wellbeing coaching support can help you to:**

- Learn how to reduce stress in the moment
- Manage troublesome thoughts and feelings
- Motivate you to take the steps that can relieve stress and burnout
- Improve your relationships at work and home
- Rediscover joy and meaning that make work and life worthwhile
- Increase your overall health and happiness

#### **Video resources**

1. Dealing with the stress of Christmas <https://www.youtube.com/watch?v=d7oWj9qkDxo> (3:02 min)
2. 5 tips for a stress-free Christmas <https://www.youtube.com/watch?v=srfZ8D19CWM> (1:42 min)
3. Staying healthy at Christmas <https://www.youtube.com/watch?v=ugCF8Nd5riQ> (3:30 min)
4. Staying mindful at Christmas – tips for minding our mental health and wellbeing <https://www.youtube.com/watch?v=zx2l8sKwzDE> (3:03 min)
5. 10 ways to managing stress at work <https://www.youtube.com/watch?v=SL0lv10SIgc> (2:01 min)
6. Reducing stress through deep breathing <https://www.youtube.com/watch?v=Wemm-i6Xhr8> (2:59 min)

7. Ted Talk: Breath exercise – five minutes can change your life  
[https://www.youtube.com/watch?v=hFcQpNr\\_KA4](https://www.youtube.com/watch?v=hFcQpNr_KA4) (9:05 min)
8. Mayo Clinic Minute: Be realistic with New Year’s health resolutions  
<https://www.youtube.com/watch?v=9UcuKAFFISg> (1:02 min)

### **Web link resources**

1. 10 tips to stress less during the Holidays <https://wayahead.org.au/get-the-facts/10-tips-to-stress-less-during-the-holidays/>
2. Stress, depression and the holidays: Tips for coping <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress/art-20047544>
3. 4 Ways to Reset Your Happiness Levels Today <https://www.psychologytoday.com/us/blog/social-instincts/202209/4-ways-reset-your-happiness-level-today?amp>
4. Healthy Eating: Surviving the Silly Season! <https://www.eatwellnutrition.com.au/general-nutrition/healthy-eating-surviving-the-silly-season>
5. Mental health tips for the new year <https://www.headsup.org.au/training-and-resources/news/2019/02/01/mental-health-tips-for-the-new-year>
6. VicHealth: How to keep New Year’s resolutions <https://www.vichealth.vic.gov.au/be-healthy/how-to-keep-new-years-resolutions>
7. Free App Smiling Mind Small Business Program offers users guidance on topics such as stress management, managing work/life balance, managing isolation, supporting growth, and building resilience <https://www.smilingmind.com.au/small-business>
8. Free online programs and apps to support wellbeing <https://www.emhprac.org.au/wp-content/uploads/2021/01/Managing-Your-Mental-Health-Online-10.pdf>

Our workplace wellbeing consultant Dannii provides free and confidential one-on-one wellbeing coaching to business owners and staff. Wellbeing consultations to businesses and leadership teams, as well as training workshops are on offer to small businesses with up to 20 full-time staff or the equivalent. Dannii can be contacted on [consultation@vtic.com.au](mailto:consultation@vtic.com.au) or (03) 7035 5732.

For the current month Wellbeing topic go to:

<https://hub.vtic.com.au/business-support/mental-health-and-wellbeing/whats-new-this-month>

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