

CSEAS 12 DAYS OF Christmas SELF CARE

1

Rest: Read a book/watch a film/listen to some music

2

Bundle up for the outdoors and enjoy some fresh air

3

Enjoy a cup of something warm with your feet up

4

Research something you have always wanted to know more about

5

Set a personal goal for something you would like to achieve over the break

6

Reflect on all your achievements this year

7

Think of three things and three people you are grateful for

8

Enrol and participate in an elearning course e.g. OneLearning Stress Management

9

Call/Chat with a friend or family member you haven't spoken to for a while

10

Stretch and breathe: do 15 minutes of stretching and practice mindful breathing

11

Prepare and eat something tasty and nutritious

12

Embrace Hibernation: focus on warmth and comfort

On-duty EAO available at 0818 008120

Mon - Thurs: 9am to 5.45pm*

Fri: 9am to 5.15pm*

***(except bank/public holidays)**

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