

Christmas Greetings from the CSEAS

With as much joy and excitement as the Christmas season brings, with parties and shopping and catching up with friends, it's also a period that can be tiring and stressful





For some, social gatherings may be daunting, for others it can be a time of loneliness and for those who struggle with a mental health condition, this season can be an especially difficult time.


It's important to know that you are not alone. And there are things you can do to manage Christmas stress.



On-duty EAO available at 0818 008120
Email: cseas@per.gov.ie
www.cseas.per.gov.ie

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1. **Take a break** from it all if you can. Sometimes this is hard to do but try and plan for a few breaks in advance
 2. Try and avoid unhelpful social **comparisons**
 3. Be **realistic** about family and friend gatherings and have something planned for you to take a break after everything quieters down
 4. Christmas can also be a time of isolation. **Volunteering** with a charity or joining a charitable initiative at Christmas is an option to stave off loneliness and meet new people
 5. Don't look back on the past year too critically. Focus on the **positives** and goals for the New Year

The CSEAS is there to provide a confidential safe space and can provide support for a wide range of issues to help you get through the festivities and enhance your wellbeing.



The CSEAS support line

0818 008 120

will be open and available to staff over the Christmas period on the following dates and times:

Wednesday 28th December
9:00am to 5:15pm

Thursday 29th December
9:00am to 5:15pm

Friday 30th December
9:00am to 5:00pm

Reopening as normal from
Tuesday 3rd January at 9:00am

