The year’s been hard on everyone, especially you. Take a few moments for self-care, a term we hear a lot, but why is it important? Self-care is about self-preservation. It’s a necessity, not an indulgence.

**SELF-CARE CAN BE ANYTHING**
A chat with friends, a hobby, baking. Whatever is meaningful to you.

**SET ASIDE TIME**
It’s easy to get caught up in a busy schedule, so do your best to set aside time just for you to do something you enjoy.

**DO SOMETHING SMALL THAT BRINGS YOU JOY**
Read a book, bake cookies, sleep in. Whatever works for you and is a healthy way to cope.

**PAMPER YOURSELF**
However that looks for you. For example, take a warm bath, have a hot drink in your favourite mug, curl up with a movie.

**REFLECT**
Time to reflect on your success and what you’re thankful for.

**BE KIND TO OTHERS**
Everyone is fighting their own internal battle and may have lower resilience and tolerance than usual.

**BE KIND TO YOURSELF**
Don’t worry about perfection or doing things right. Just be exactly who you are.

**#CMHAHOLIDAYTIPS**

If you or someone you know is struggling with mental health and addiction at any time, please reach out. Help is always available.