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## PLAYFULNESS AT CHRISTMAS

While the holidays are about bringing loved ones together under one roof, the reality is that festive spirits can wilt under the pressure of a full house.

Take time for yourself and take a breather with a hot chocolate and a film.

## ACCEPTANCE AT CHRISTMAS

Accept the happiness and love you have at this festive time.

Money is not everything, and while this festive time is also about presents a handmade gift or card is just as precious.

## CURIOSITY AT CHRISTMAS

It is so easy to get caught up in the festive hype, encourage everyone to slow things down and be mindful of the world around us and our local community.

## EMPATHY AT CHRISTMAS

Give yourself permission to be who you are, and respond to what you need, are acts of self-kindness. Empathy is the key to connecting with others and thinking of the loved ones who cannot be with us, and helping people who need support this Christmas with peace and love.