



5 Ways to Tackle Loneliness at Christmas

1

Have a Self-Care Day

If being alone at Christmas is unavoidable, plan a day for yourself. Cook your favourite foods, have a lie-in, a bubble bath or watch a movie marathon. Taking time out for self-care can really boost your mood, aid relaxation and add to your mental wellness.

2

Volunteer

Volunteering is a way to connect with others, boost your self-esteem, and bring joy to others. You could help serve dinner at a soup kitchen, bring gifts to a children's hospital, or visit lonely residents at a nursing home. Wolverhampton has lots of food banks and charities which may be open on Christmas day. Why not give them a call and see if they need an extra pair of hands?

3

Get Productive or Creative

Get productive, spend the day working around your home on DIY jobs or renovations which you may have been putting off. On the other hand get creative, start a hobby like painting, quilting, knitting or baking. You could even start to learn a new language, write a short story or start writing a larger book from an idea you have had in your head for a while.

4

Get in Touch

Maybe you are alone this Christmas because you aren't able to travel to see your family or friends. If this is the case you could plan in some phone calls or video calls throughout the day to keep you in touch with them. You could even play some board games online together or plan a Christmas video call quiz

5

Say 'Yes'

Maybe you are alone this year because you turned down invitations due to social anxiety or depression. Know that it's OK to call friends and family back and say "yes."

Remember

Not everyone find Christmas to be a happy time and there is help out there if you need it. Samaritans, Women's Aid and Cruse Bereavement helplines are all still open on Christmas day.

Samaritans: 116 123

Women's Aid Live Chat: <https://chat.womensaid.org.uk/>

Cruse Bereavement (10am-2pm): 0808 808 1677

