



Wellbeing Newsletter



DECEMBER: SURVIVAL

Welcome to this month's Aldingbourne School wellbeing newsletter. The school holidays are a great opportunity to enjoy some family time but it can also be a time when the pressures affecting us can feel that bit harder to manage. That's why I've put together some tips to help you and your family this school holiday.

PLAN AS A FAMILY- Get together and write a list of what everyone wants to do. With older children, discuss family time and time with friends so you get a happy balance. Set a realistic budget for presents, food, and other things and try to stick to this as best you can. If a child wants something that is beyond the budget, speak to them and explain as best you can why they cannot have it. Make a list of who needs to see who - this is particularly important if you are part of a blended family where different people have different connections in the wider family. Don't try and do everything yourself - make a list of jobs that need to be done and allocate them between family or other guests that are invited. Don't try and keep everyone happy all the time. Schedule in some time to recharge your own batteries - if you're well rested you'll be able to enjoy it more. If things get heated between family members and everything gets too much, remove yourself from the situation and perhaps call a friend or relative.

Christmas as part of a stepfamily can leave children feeling confused and maybe even angry - try to allocate some time that you can spend alone together to reassure them.

MANAGE YOUR ENERGY- Give only as much as you have to. Keep your interactions short and be open and honest about how you're feeling with at least one support person. It can be hard to set boundaries. But sometimes you just have to say no. Try to spend time with people who energise you rather than those who drain you. In the lead-up to this Christmas, surround yourself with supportive people.

MANAGE YOUR EXPECTATIONS- So much of our disappointments or frustrations at this time of year come from what our expectations are. Perhaps you have high expectations of yourself and what you'll be able to achieve in the holidays. Or maybe you feel a pressure from your children's expectations and feel you won't be able to deliver. It could be that the expectations from extended family every year cause you to stretch yourself, trying to keep everyone happy. Social media can often heighten our high expectations as we look at the lives of others and feel we should be doing the same.

As you approach the festive season try to have realistic expectations for yourself but also your children too. Try to change your perspective from what you feel you should do to what's best for your family and particularly your children.

REMEMBER WHAT'S IMPORTANT- It is one day. You are so blessed in so many ways. Try to find the positives even when things feel rough. Have a wonderful Christmas. We will see you after the festive period.

Book recommendations

Children: *Twas The Night Before Christmas*

Adults: *A Christmas Cornucopia* by Mark Forsyth