

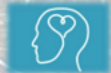
12 days of Christmas

Christmas can be a challenging time of year, none more so than this year with Covid-19 also to contend with. These 12 days of Christmas are to help you through this festive season, before and after Christmas. We hope you get some benefit from them:

19 Dec	Be creative, do something crafty, make a gift for someone	20 Dec	Have time for yourself, whether it be a bath, book, listen to music, watch a Christmas movie
21 Dec	Talk to someone, especially if you're feeling alone or isolated	22 Dec	Get some fresh air and take a walk with a friend/family member*
23 Dec	Bring something from nature indoors such as a Christmas tree, flowers, pinecone	24 Dec	Take time to be present with God, light a candle and just listen
Christmas Day – Jesus Christ is born to bring light to the world			
26 Dec	Take a Boxing Day walk and burn off some Christmas calories!*	27 Dec	Read John 14:27 and pray about peace
28 Dec	Take some time to recharge in whatever way relaxes you	29 Dec	Write thankful letters, doesn't just have to be thanks for Christmas gifts
30 Dec	Read Jeremiah 29:11 and write a letter to God about all the things you're thankful for	31 Dec	Make a New Years' resolution; what are your aims for 2021?

*Please follow Covid-19 guidelines

From Thrive, your mental wellbeing group



[116 123 for immediate help](https://www.samaritans.org/)
(Samaritans)

[0800 612 7000](https://www.steps-to-wellbeing.org/)
(Steps to Wellbeing)

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