

FEELGOOD FAMILY CHRISTMAS BOOK



**Fun activities and health and wellbeing
tips for all of the family this festive period!**

30 Healthworks
CELEBRATING 30 YEARS



The holidays are coming and there's no better time to get the family off the sofa and do some fun things together!

The Healthworks' Team has designed this fantastic resource to provide you with a range of activity ideas to enjoy safely with your family over the festive period.

We want to help you have some festive fun this year, so we'd love you to try some of our fun activities at home or when out and about. There's something for everyone including Christmas crafts and activities, a Christmas quiz, a Christmas wordsearch and games to play.

Try out some of the lovely festive recipes we've included, just don't forget to substitute ingredients if you have an allergy to any of them. We hope you enjoy trying our ideas out!

Pop over to www.healthworksne.org.uk for more free resources and to find out more about our work

30 Healthworks
CELEBRATING 30 YEARS



Healthworks
the community health charity

One-a-Day December

1

Download our Feelgood Family Christmas activity book for family activity ideas, tips, quizzes and recipes

2

Eat at least one portion of fruit or veg with each meal

3

Take a walk or do an outdoor activity for 30 minutes today

4

Drink a glass of water before each meal

5

Try some new recipes and batch cook meals for the whole week

6

Keep warm by keeping moving and try one of our gym or home workouts

7

Have a 60 minute home disco and dance to your favourite songs!

8

Turn off electrical appliances instead of leaving them on standby

9

Send a nice text message to someone or share a photo of a happy memory with them

10

Spend as much time outdoors as you can today

11

Have a go at our Christmas Fitmas Workout

12

Wash your clothes at a lower temperature and make sure you have a full load before switching on

13

Have a feelgood day today! Check out our Boost Your Feelgood top tips

14

Make housework fun...get those tunes on while you work!

15

If drinking alcohol, alternate with water or soft drinks or give our mocktail recipes from a try

16

Turn your lights off when you're not using them and let in as much natural light as possible

17

Limit yourself to just one Christmas treat today!

18

Have a meat free day today and try one of our vegetarian recipes

19

Turn off all mobile phones and other devices 2 hours before bedtime

20

Take a shorter shower today or swap your bath for a shower instead

21

Take a walk and explore your local area - try one of our Historic Trails or Wellbeing Walks

22

Have a TV free evening and do something that makes you feel happy instead

23

Create a playlist of your favourite Christmas songs and spend an hour singing along... loudly!

24

Get in touch with a friend, neighbour or family you haven't heard from in a while

Be Kind To Yourself Over The Festive Period!

Our Community Wellbeing webpage has some great information about things you can do to promote positive mental wellbeing and where you can get support and advice if you need it... here we've included some of our 'Top Tips', with easy things you can do over the festive period to look after yourself and improve your wellbeing.



Having a routine can help you feel more in control and will give some structure to your day



Find some time for your hobbies and for relaxation in your daily routine - listening to music, reading, crafts, baking, sewing - whatever you enjoy doing



Get some exercise...try our Get Active At Home Workouts or take one of our Wellbeing Walks



Call friends/ family or a service that will listen as part of your daily routine...You could also use our Christmas Quiz for a get together with family and friends



If you are feeling anxious try 'box breathing'...breathe in for 5 seconds, hold for 5 seconds, breathe out for five seconds, hold for five seconds and repeat 5 times!



Everything in moderation...have alcohol free days to give your body a chance to recover, why not try some of our delicious Mocktails as an alternative?

Make A Santa Advent Calendar



Colour In Your Own Penguin



Make Finger Painted Christmas Tree Cards

All you need is:

- Paint
- Card
- Glitter
- Dish to put paint onto



How you make them:

- Gently press your thumb into the paint and place on the paper
- Underneath first print add two more
- Continue until the tree is made
- Add finger print pot at the bottom
- Sprinkle with glitter while paint is still wet to help it stick

Christmas Wordsearch

N	U	T	C	R	A	C	K	E	R	B	V	D
M	S	B	S	E	L	V	E	S	U	L	O	B
L	I	T	A	G	Q	V	T	H	D	H	C	W
M	Z	S	N	A	V	L	F	R	O	S	T	Y
C	Q	T	T	R	E	E	E	J	L	L	E	Y
A	H	A	A	L	M	I	G	C	P	E	L	E
N	H	R	P	E	E	P	G	F	H	I	W	Y
D	O	B	I	J	B	T	N	I	T	G	K	W
Y	H	V	F	S	H	Y	O	B	F	H	S	R
C	O	L	D	K	T	I	G	E	W	T	R	E
A	H	J	L	W	X	M	D	L	E	W	T	A
N	O	E	L	E	F	I	A	S	Y	E	W	T
E	T	I	N	S	E	L	T	S	J	Y	K	H

STAR
COLD
FROSTY
SANTA
ELVES
RUDOLPH
NUTCRACKER
TREE
EGGNOG
HOLLY
CANDY CANE

GIFT
SLEIGH
MISTLETOE
CHRISTMAS
HO HO HO
TAG
WREATH
BELLS
NOEL
TINSEL
BOW

Make A Paper Plate Wreath

All you need is:

- A paper plate
- Green paint
- Paint brush
- Red buttons or stickers
- A red ribbon
- 'Bluetac' to stick wreath up

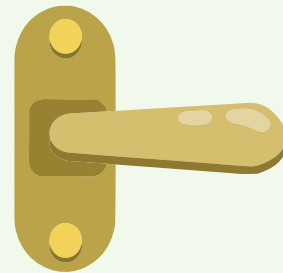


How you make it:

- Cut a hole in the centre of the plate
- Paint the plate green
- Add buttons or stickers
- Add ribbon to make a bow

**How many of these items
can you find or see around
your home?**

Can you name them too?



Easy ways to have a more sustainable Christmas

Use reusable wrapping - Swap single-use wrapping paper for reusable options like fabric wraps, gift bags, or simple brown paper that can be recycled. Great for workplace Secret Santa too!

Give experiences - Reduce waste by gifting experiences such as event tickets, memberships, or local activities. Perfect for team gifts or low-waste workplace reward schemes.

Support local and small businesses - Buying locally reduces delivery miles, supports your community, and often comes with far less packaging.

Reuse decorations - Instead of buying new decorations every year, reuse and repurpose what you already have. Workplaces can donate gently used décor or create a “decoration swap” between teams.

Send sustainable cards or go digital - Pick cards that are recyclable and glitter-free - or send digital greetings. Businesses can send e-cards in place of printed ones to reduce paper waste

Eco-friendly Secret Santa - Set a theme like “pre-loved”, “homemade”, or “experiences only” to avoid unnecessary purchases and waste.

Travel Smarter - Car share, walk, take public transport, or combine trips when visiting friends and family. For workplace Christmas events, encourage sustainable travel options and provide clear guidance on routes.

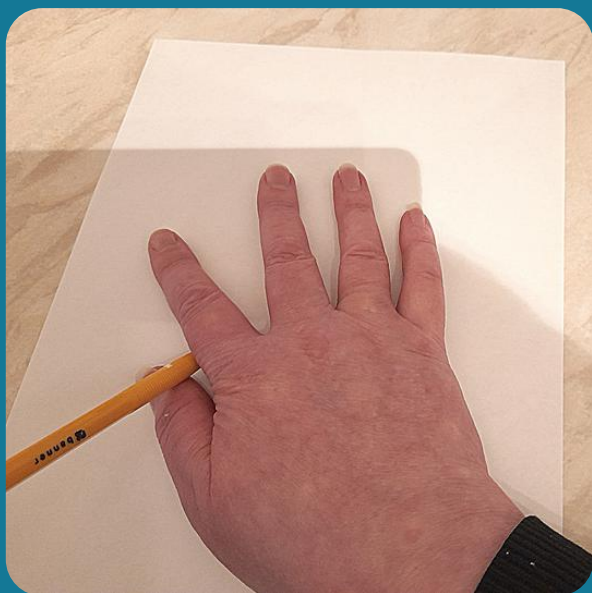
Take a walk near to your house, how many can you spot?



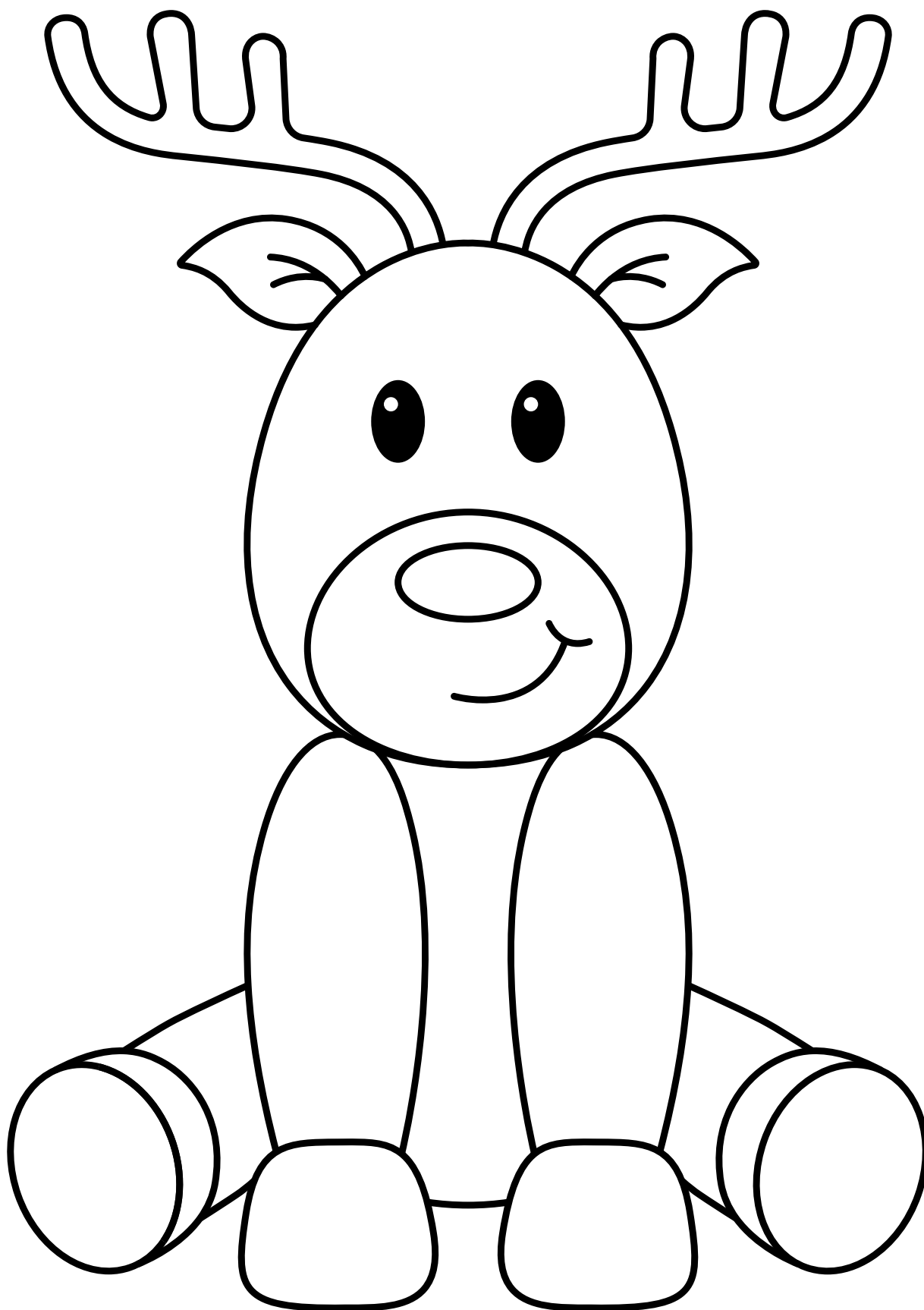
Draw Your Own Elf's Face!



Make A Hand Santa



Colour In Reindeer!



Make 'Snowman Soup'

All you need is:

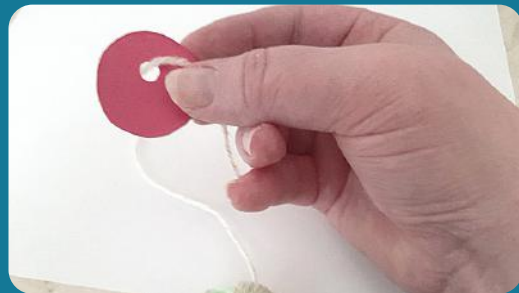
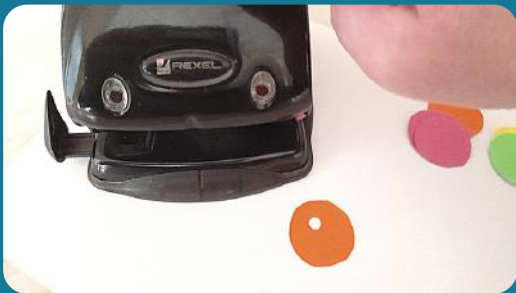
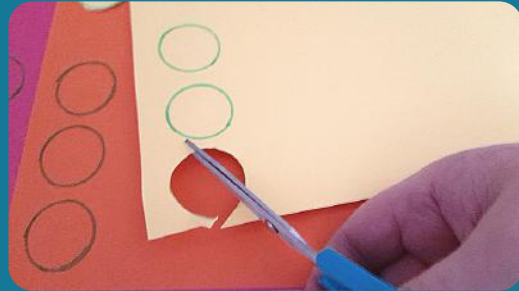
- Hot chocolate powder
- Boiled water
- Milk
- Mini Marshmallows
- Candy cane
- Mug



How you make it:

- Make up your hot chocolate with hot water
- Add cold milk
- Stir with your candy cane
- Decorate the top with mini marshmallows

Make A Christmas Spiral



Make An Easy Tree Decoration

All you need is:

- Card 2 colours
- Colouring pencils
- Glue
- Scissors
- Christmas 'cookie' cutter
- Ribbon



How you make them:

- Cut out 2 circles of card in two different colours
- Draw around the cookie cutter in the centre of one circle of card
- Cut out this shape
- With colouring pencils draw on and colour the non-cut out circle of card
- Overlay the cut out card
- Glue cards together placing ribbon in between to form a hanging loop

Colour In Christmas Jumper!



Make Salt Dough Decorations

All you need is:

- 2 Cups plain flour
- 1 Cup of salt
- 1 Cup of cold water
- Festive cutters



How you make them:

- In a bowl mix together the flour and the salt
- Add the water and mix to form a dough. If it is a little sticky add a little more flour
- Roll out and using your cutters make your shapes. With a pencil make a hole in the top and place on a baking tray
- Bake in the oven until the dough has dried through (about 1 hour on a low heat)
- When cold paint and decorate with glitter and sparkles

Give your feelgood a boost!

#1 Have a digital detox!

Turn off the technology so you don't get overwhelmed with social media alerts, world news and work emails. Give yourself a break from it, pop the 'phone on silent and enjoy spending time with your family and friends in real time!

#3 Focus on giving

It's been proven that it makes humans feel good! The possibilities for giving are endless and don't have to involve spending money on buying fancy gifts.

You could give:

- Some of your time
- Someone a helping hand
- Someone a call or a text

#5 Eat well at Christmas

You are what you eat! It's typically a time of over-indulgence, but too many unhealthy choices, for example too much sugar, can have an impact on your health and wellbeing in the short and longer term. Try to eat fruit and veg every day, and drink plenty of water (drinking a glass before every meal can help keep you hydrated).

#7 Try not to compare...

Christmas is a time of year where it's easier to look at what others have got in their lives, and social media can play a part in making any sense of inadequacy worse. If you're feeling the pressure. try to think about all the great things that you have in your life; things that you truly cherish and value. They could be anything, and they don't have to be big things...sometimes small things bring the most joy!.

#2 Set aside and protect some "me-time" everyday

Make sure you take time out each day for you...think about things that bring you joy, things that energise you or relax you, and set aside (and protect) at least 20 minutes everyday to enjoy doing them!

#4 Get outdoors

Try and get out and about as much as you can over the festive period. A walk, even if it is cold, is a great way to boost your mood. Staying cooped up in the house for long periods isn't great for your mental wellbeing.

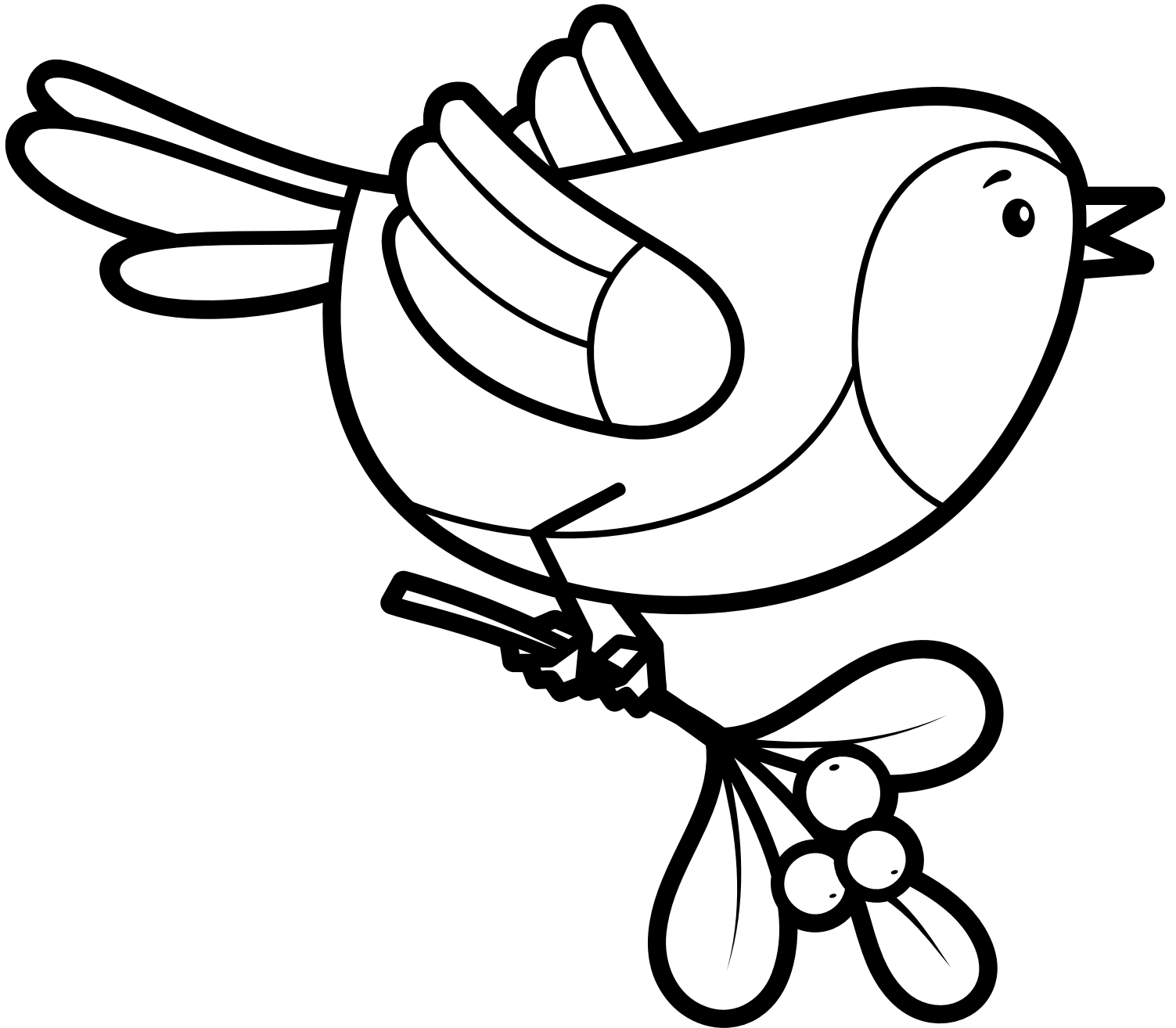
#6 It's good to talk

Christmas is a time when you might feel pressured to be jolly, but if you are struggling, then talk to someone you trust about how you feeling, whoever that may be. It can help improve your mood and help you deal with tough times.

#8 Reach out

None of us are super-human. At times we all get overwhelmed by how we feel, especially when things go wrong. If things are getting too much for you and you feel you can't cope, ask for help. The Samaritans are available all year round, their new helpline number is 116 123 and calls to this helpline number do not appear on phone bills.

Colour In Your Own Robin!



Make Santa's Footprints

All you need is:

- Pair of old shoes or boots
- Paint
- Card



How you make them:

- Paint the bottom of the shoes with paint and press onto card
- Make sure you use both shoes
- Cut out foot prints and keep safe until Christmas eve
- Decorate the house with foot prints from the door or chimney





Healthworks
the community health charity

Community Wellbeing Pathfinder Service

Feeling the financial pressure? We're here to help!

Rising costs, heating bills and extra expenses can make this time of year stressful. If things feel tough, you are not alone. Support is available locally

Community Wellbeing Pathfinder Service

One-to-one support for adults (18+)
in Newcastle, including:

- Financial wellbeing
- Housing
- Employment
- Mental health
- Advice, signposting and action plans



Scan the code, pop in or call 0191 2724244

We're here to support you this winter...Talking to someone can relieve pressure, and reaching out early gives you more options.



SCAN ME

Colour In Santa Sleigh!



Make your own reindeer food

All you need is:

- Oats
- Glitter
- Dish to mix in
- Spoon to mix with
- Small bag or envelope
- Cut out poem to stick onto bag

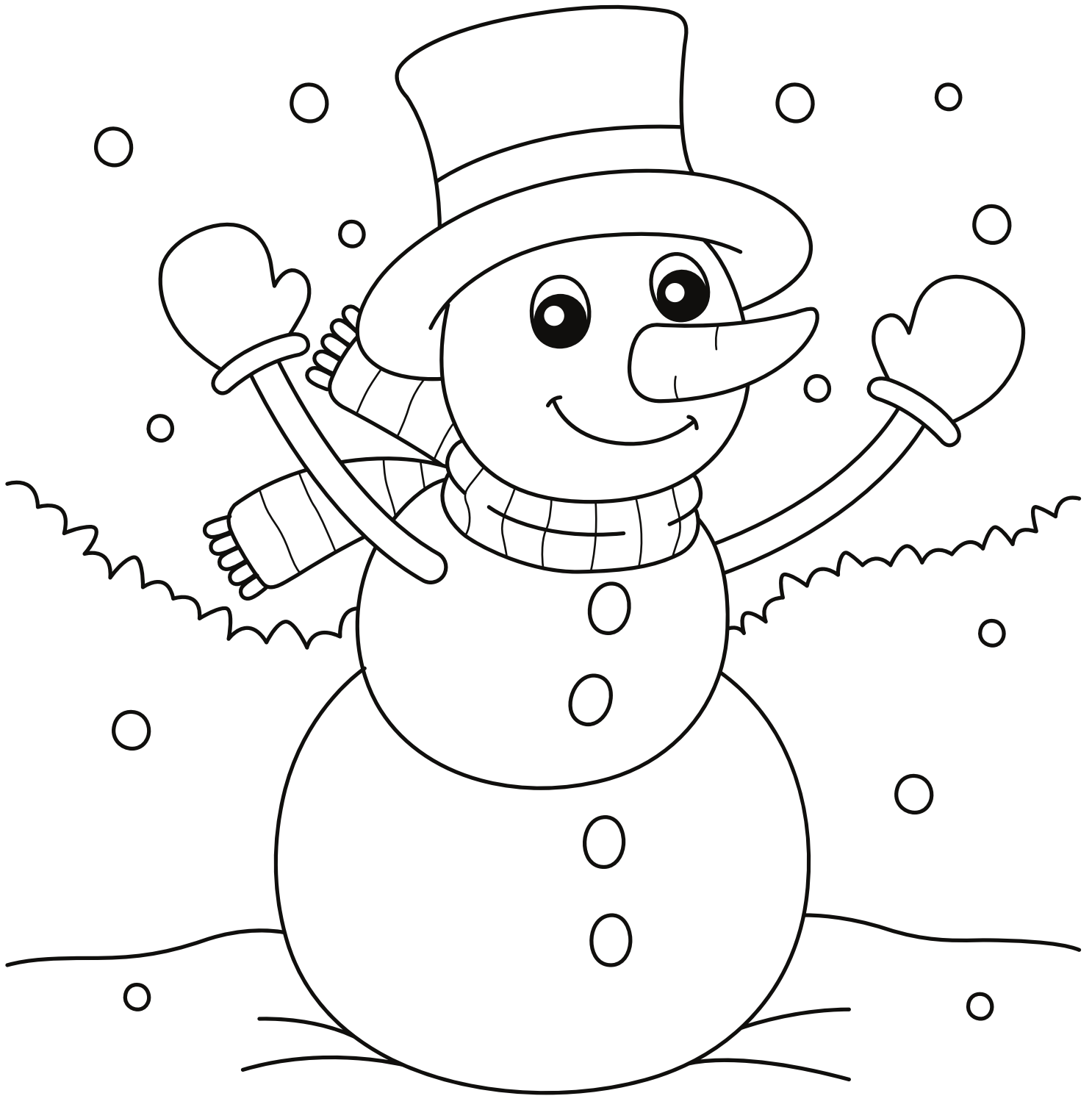


How you make them:

- Add oats and glitter into dish and mix well
- Add poem onto front of bag or envelope
- Spoon mixture into bag or envelope and seal it

Now, attach the label on the next page and keep in a safe place until Christmas Eve then sprinkle it outside your door for the Reindeers!

Colour In Your Own Snowman!



Burn Off Those Christmas Treats!

The average person consumes around three times more calories than recommended on Christmas Day! Eating treats in moderation and continuing to exercise can help prevent piling on the pounds. Here is what you'll need to do to burn off some of your favourite Christmas food.



**Portion of Christmas pudding =
56 minutes running**



**One mince pie =
50 minutes walking**



**Christmas dinner with all of the
trimmings =
4 hours and 26 minute walking**

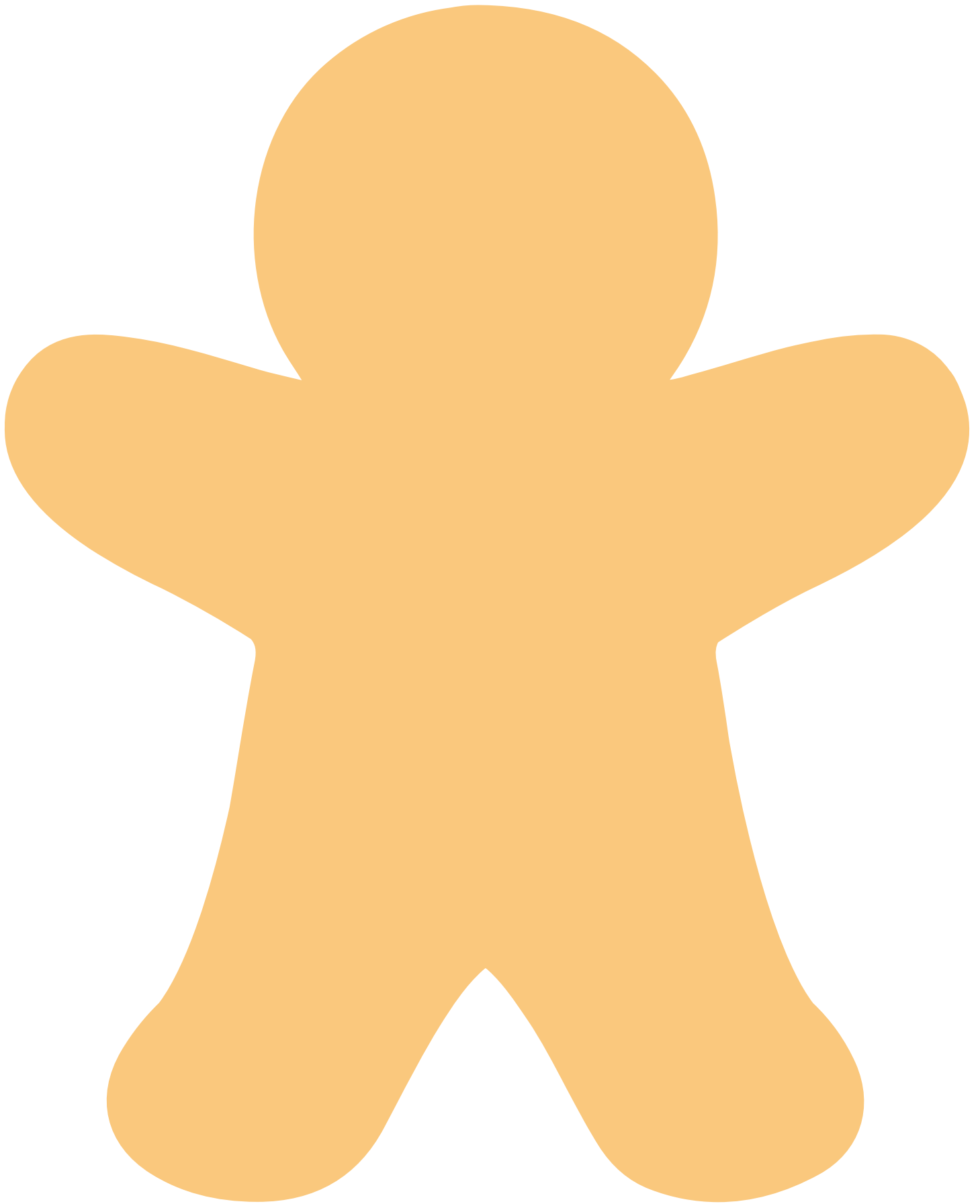


**5 crackers and cheese =
1 hour 11 minutes waking**



**A slice of Christmas Cake =
45 minutes of moderate cycling**

Decorate your own Gingerbread Man



CHRISTMAS QUIZ

Test your family and friends knowledge
of all things Christmas!



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- 1) How many miles would Santa have to run to get home to Lapland from Newcastle [Answer: 2,283 miles]
- 2) What is the opening line in Shakin' Stevens 'Merry Christmas Everyone'? [Answer: Snow is falling, all around me]
- 3) The Snowman was shown on TV for the first time on Boxing Day of which year? [Answer: 1982]
- 4) Which British monarch delivered the first ever Christmas message? [Answer: George V in 1932]
- 5) According to 1946's Christmas classic It's A Wonderful Life, what happens every time a bell rings? [Answer: An Angel gets its wings]
- 6) How many calories does the average Christmas dinner contain? [Answer: Around 1600]
- 7) How many minutes walking would it take to burn off a selection box containing five chocolate bars? [Answer: around 210 minutes]
- 8) How old is Kevin McCallister in Home Alone? [Answer: 8]
- 9) In Harry Potter and the Philosopher's Stone, what do the Dursleys give Harry for Christmas? [Answer: A 50-pence piece]
- 10) How many gifts in total were given in The Twelve Days of Christmas Christmas carol? [Answer: 364]

11) If you're trying to keep your sugar intake down, would you be wisest to accept: a) A mince pie, b) A slice of Christmas cake or c) A helping of Christmas pud [Answer a) A mince pie]

12) Which ocean can Christmas Island be found in? [Answer: Indian Ocean]

13) What is your star sign if you are born on Christmas Day? [Answer: Capricorn]

14) How many minutes walking would it take to burn off a large glass of mulled wine (250ml)? [Answer: 44 minutes]

15) How many hours would you need to jog to work off a typical Christmas Day splurge? [Answer: 10 hours]

16) In which year was the first Christmas card sent? [Answer: 1843]

17) What item for the Christmas table did Tom Smith, a confectioner, invent? [Answer: The Christmas Cracker]

18) How much money would an average smoker save if they gave up smoking on Christmas Day for a year? [Answer: £3693]

19) Which country annually sends a Christmas tree to be erected in London's Trafalgar Square? [Answer: Norway]

20) Which celebrity won the first ever Strictly Come Dancing in December 2004? [Answer: Natasha Kaplinsky with Brendan Cole]

- 21) Which character declares "Merry Christmas, one and all!" in Charles Dickens' A Christmas Carol? [Answer: Tiny Tim]
- 22) Which Christmas hit originally released in 1984 has been no.1 in the UK charts three times? [Answer: Do They Know it's Christmas]
- 23) Mariah Carey's iconic Christmas hit All I Want for Christmas officially signals the start of the festive period - but what year was it originally released? [Answer: 1994]
- 24) What's the name of the giant snow monster that guards Elsa's palace in Frozen? [Answer: Marshmallow]
- 25) In which Christmas movie does Tom Hanks play 6 of the characters? [Answer: The Polar Express. He plays Hero Boy, Father, Conductor, Hobo, Scrooge and Santa Claus]
- 27) In which country is it tradition to eat KFC for Christmas dinner? [Answer: Japan]
- 28) How many of Rudolph's fellow reindeers' names start with 'D'? [Answer: Three - Dancer, Dasher, Donner]
- 29) How many calories does the average person eat on Christmas Day? a) 2000 calories, b) 5000 calories, c) 6000 calories
[Answer: 6000 calories]
- 30) What are the maximum recommended weekly units of alcohol? [Answer: 14 units - the equivalent of drinking 6 pints of average strength beer or 10 small glasses of low strength wine]

Magic Reindeer Food Label

To cut out and attach to the bag of
magic reindeer food



**Sprinkle on the lawn at night,
The moon will make it sparkle bright,
As Santa's Reindeer fly and roam,
This will help guide them to your home!**

Festive Feelgood Energy Saving Tips

These quick, low-cost ideas can help cut bills, reduce waste and make your home a little warmer and cosier this winter:

- **Switch off standby mode on appliances - a tiny change that could save you around £35 a year.**
- **Turn off the tap while brushing teeth or washing - a running tap wastes around 3 litres of water a minute!**
- **Only run your dishwasher or washing machine when full to save energy and water.**
- **Use the most efficient settings on your appliances to reduce costs over winter.**
- **Wash up using a bowl rather than a running tap - simple and effective.**
- **Turning your room thermostat down by just 1 degree could save around £55 a year.**
- **Use a room thermostat and radiator valves efficiently - this could save around £70 a year.**
- **Turn off lights when you leave a room and enjoy natural light where you can.**
- **Wash clothes at lower temperatures - cold washes are great when you don't need hot.**
- **Save money by using kitchen appliances carefully (up to £22 a year saved!).**
- **Fit a water-efficient shower head to reduce hot water use.**
- **Choose energy-efficient appliances when replacing older ones.**

Colour In Your Own Stocking!



Decorate your own Christmas Tree



Easy ways to get your 5 a day during the holidays

Start the mornings with a healthy breakfast to get you going. Adding fruit to your breakfast will help to fill you up. Why not try overnight oats with frozen mixed berries or adding banana to your cereal?



Make up a tray of roasted vegetables to blend into your gravy, this is a great idea if you have that fussy guest who is not keen on vegetables!



Making a cheese board over the holidays? Why not add some healthy complimentary add-ons such as apples, grapes, celery and cucumber sticks, figs or cherry tomatoes

Easy ways to get your 5 a day during the holidays

Having a 3 course Christmas lunch?

Make a delicious vegetable based soup for starter and have the option of fruit for pudding



Why not try a vegetable wreath?



Make Grinch Kebabs

All you need is:

- Strawberries
- Green grapes
- Banana
- Mini marshmallows
- Skewers or straw



How you make them:

- Slice the top of the strawberries
- Slice the banana
- Put a grape on a skewer or straw
- Followed by a slice of banana
- Then followed by a strawberry
- At the top put on a mini marshmallow
- And now you have some grinch kebabs, enjoy!
- If serving to small children, please remember to slice fruit lengthways before serving

Make Santa Cupcakes

All you need is:

- 100g Self raising flour
- 100g Sugar
- 100g margarine
- 2 Eggs (beaten)
- Strawberries

Icing:

- 100g icing sugar
- 50g Margarine
- Mix together to a smooth paste
- Pipe onto cakes to decorate



How you make them:

- Cream together margarine and sugar
- Add flour and beaten egg mix together
- Pop mixture into the cup cake cases and then into a suitable baking tin
- Cook in the oven 200/ gas 5 for 20 mins
- When cool, decorate with strawberries and butter icing as shown

Make Gingerbread Stars

All you need is:

- 300g self raising flour
- 2 tsp ground ginger
- 100g caster sugar
- 50g low fat spread
- 3 tbsp golden syrup
- 4 tbsp milk



How you make them:

- Preheat oven to gas mark 3 or 160°C
- Place flour & ginger into a bowl
- Warm sugar, low fat spread and syrup together and add dry ingredients
- Mix well
- Add milk and mix to a firm consistency, knead lightly with your hands.
- Roll out and cut out with a Star cutter
- Place on baking tray and cook for 10-15 minutes, allow to cool and then serve

Make Three Ingredient Fruit Cake

All you need is:

- 1kg dried mixed fruit
- 750ml orange juice
- 525g self raising flour



How you make it:

- Soak the fruit in the juice overnight.
- Pre heat the oven to 125°C.
- Stir the flour into the soaked fruit and mix well.
- Spoon the mixture into a 22cm lined cake tin.
- Bake for 2 1/2 hours at the bottom of the oven or until cooked through.
- Remove and leave to cool.

This cake will keep nicely in an air tight container for 3 - 4 weeks

Make Orange and Cinnamon Shortbread Biscuits

All you need to make 18:

- 4oz/1/2 cup margarine
- 2oz/4 tablespoon caster sugar
- Finely grated rind of 2 oranges
- 6oz/1 1/2 cups plain flour
- 1/2 tsp cinnamon



How you make them:

- Pre heat oven to 190°C / gas mark 5
- Grease a large baking sheet
- Beat together the margarine and sugar until soft and creamy
- Beat in the orange rind
- Gradually add the flour and Cinnamon and gently pull the dough together to form a soft ball
- Roll out the dough on a lightly floured surface to about 1cm thick
- Cut out with a cutter and place onto the baking sheet
- Prick the biscuits with a fork and bake for about 20mins or until the biscuits are golden brown

Make Quick Sweet Mince Pies

All you need is:

- A jar of mincemeat
- Ready rolled puff pastry
- 1 Egg
- Icing sugar for dusting



How you make them:

- Preheat your oven to gas mark 6 (180c fan) and roll out your pastry
- Grease a fairy cake tin with some butter or oil then cut your pastry to fit over your tin
- Lay your pastry over the tin, pushing it to fit into the holes
- Spoon the mincemeat into each hole
- Trim around the edge of the holes on your tin with a knife and gather your left-over pastry
- Crack the egg into a bowl and beat with a fork, brush some of the beaten egg around the outside of the pastry
- Roll out your left-over pastry and lay the rest of the pastry over the tin
- Once again, trim around the holes of the tin
- Brush some of the beaten egg on top of the pies and put into the oven for 25 minutes
- Take out of the oven when golden brown, sprinkle over some icing sugar and here you have your mince pies, enjoy!

Sipping Smart This Season -

Top Tips to Cut Back on the Booze

- **Drink and think in units:** The UK's Chief Medical Officers (top doctors) recommend not drinking more than 14 units a week; that means about six pints of lager or a bottle and a half of wine. Use this [handy unit calculator](#) to help you work out exactly what you're drinking.
- **Pace yourself:** Enjoy each drink slowly, and remember that you don't have to join in every time someone else decides, give it a miss have water or a soft drink instead!
- **Watch your measures:** Remember that the drinks you pour at home are often larger than those served in pubs.
- **It's fine to say no:** Not everyone drinks alcohol, and it's fine to say no. It's surprising how many people think it's OK to pressure other people to drink – it's not!
- **Have a few days off every week:** Having a few alcohol-free days each week is a good way to cut down and give your body a rest, boost your immune system and improve your mental health and wellbeing.
- **Don't binge and drink all of your units in one go:** It's safest not to drink more than 14 units per week, spread over three or more days and with a few days off in between.
- **Eat before and while you drink:** Have something to eat before you drink and, if possible, while drinking. It will slow down the alcohol being absorbed into your bloodstream and help you pace yourself.
- **Ask for help:** Ask for help if you feel your drinking is getting out of control. There's nothing to be ashamed of; lots of people struggle with alcohol at some point in their lives and need support to turn things around. Talk to your GP or contact your local alcohol treatment service.

Finally, try our delicious 'mocktails' instead of having an alcoholic drink!

Make A Cran-Dandy Doodle Mocktail

All you need to make one pitcher:

- 2 cups cranberry juice
- 1 cup pineapple juice
- 1 cup orange juice
- 2 tablespoons lemon juice
- 1 (12 fluid ounce) can or bottle ginger ale
- 1 orange sliced in rounds



How to make it:

- In a gallon pitcher combine cranberry juice, pineapple juice, orange juice and lemon juice
- Just before serving, slowly add the ginger ale, stir to blend
- Serve over ice and garnish with orange slices

Make A Mock

Champagne Mocktail

All you need to make one punchbowl:

- 1 (2 litre) bottles ginger ale, chilled
- 1 (46 fluid ounce) can pineapple juice, chilled
- 1 (64 fluid ounce) bottle white grape juice, chilled
- Strawberries to garnish

How to make it:

- In a large punch bowl, combine ginger ale, pineapple juice and grape juice
- Serve over ice and garnish with a strawberry



Make A Shirley Temple Mocktail

All you need to make one glass:

- 5mls grenadine
- 180mls ginger ale
- 1 lemon sliced in rounds
- Ice

How to make it:

- In a tall glass, add ice and pour in grenadine
- Add ginger ale and stir
- Garnish with lemon slices



Make A Pom Collins Mocktail

All you need to make one glass:

- 60mls pomegranate juice
- 30mls soda water
- Ice
- Lime to garnish



How to make it:

- In a tall glass, add ice and lime
- (gently squeezing as you do)
- Add the pomegranate juice and soda water
- Stir and garnish with lime slices

Make Sparkling Non-Alcoholic Cider Jello Shots

All you need to make one glass:

- 1/2 cup boiling water
- 2 envelopes unflavoured gelatin
- 2 1/2 cups sparkling juice or cider (chilled)
- optional: berries, cherries, or gummies

How to make it:

- Sprinkle the 2 envelopes of unflavoured gelatin over the boiling water and let soften for a few minutes
- Whisk to dissolve completely and to get rid of clumps
- Pour the sparkling juice or cider gently into a mixing bowl or large measuring cup with a spout (try to pour onto the inside of the bowl to minimize carbonation loss)
- Pour the gelatin mixture into the sparkling juice and gently stir to combine
- Pour the liquid into stemmed glasses or other containers you wish to use for serving.
- Add berries or gummies to each glass
- Refrigerate for an hour before serving or until jello is firm enough to eat

STAY STRONG THIS CHRISTMAS

**A CHRISTMAS STOP SMOKING
SURVIVAL GUIDE FOR NEW QUITTERS**



From the Healthworks Stop Smoking Service

www.healthworksne.org.uk


Plan for your trigger moments

Christmas is full of classic smoking triggers: alcohol, stress, family, boredom, and social pressure.



Before the big days hit, write down these 3 things:

- My biggest Christmas trigger will be:
- My back-up strategy is:
- Who I can message or call if I wobble:



**Having your
answers ready =
fewer surprises
and fewer slips**

**A CHRISTMAS STOP SMOKING SURVIVAL
GUIDE FOR NEW QUITTERS**
www.healthworksne.org.uk

Reframe the festive stress

You may think: *“Christmas is stressful I need a cigarette!”*



Try this instead:

- Step into another room and breathe deeply
- Tell yourself *“This will pass, and I’ll feel proud I didn’t smoke”*
- Make a cup of tea
- Play your favourite Christmas song (loudly!)



Smoking actually raises stress levels by triggering nicotine withdrawal every 30 to 60 minutes

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Manage alcohol like a pro!

Alcohol is the #1 trigger for festive smoking slips



Try the following:

- Choosing drinks you don't associate with smoking (e.g., mulled wine instead of prosecco, mocktails instead of beer).
- Alternating alcoholic drinks with soft drinks.
- Deciding before an event how much you'll drink.



**Remember:
cigarettes don't
magically appear.
Alcohol lowers your
guard long enough
to go looking**



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Give yourself the gift of distraction

When the sudden urge hits, have your toolkit ready:



DELAY

Wait out the urge.
Sometimes a few minutes is
all you need!



DRINK WATER

Sip water slowly and hold it
in your mouth for a while

DEEP BREATHING



Breathe in slowly and deeply.
Then breathe out.
Repeat x 5

DISTRACT



Talk to a friend, focus on a task
or get up and move around.



Fast distractions:

- Chew gum or mints
- Play a game on your phone
- Step outside for fresh air without smoking
- Scroll photos that remind you why you're quitting

Slower but powerful:

- Start a conversation
- Help in the kitchen
- Go for a quick walk
- Wrap presents
- Do a breathing exercise (4 seconds in, 6 seconds out)

Remember:
Urges peak and
pass...
They always pass!

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Celebrate the small wins

**You're in your first weeks of quitting.
Every day you don't smoke is a win.**



Track your progress:

- Money saved
- Cigarettes not smoked
- Breaths easier
- Hours of life regained

A large, dark blue Christmas ornament hanging from a gold ribbon. The ornament is spherical with a silver cap and a ring at the top. It is positioned on the right side of the page, partially overlapping the bottom text.

**Seeing the numbers
climb helps keep the
momentum during
the festive madness**

A row of stylized green Christmas trees of various sizes on a white, wavy ground representing snow. The trees are simple in design with a brown trunk. The background is a light yellow gradient.

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Create a new Christmas ritual

Replacing smoking rituals with cosy, joyful ones helps rewire the habit.



Ideas:

- Lighting a festive candle after meals instead of lighting a cigarette
- A nightly slow walk to look at Christmas lights
- A special herbal tea each morning
- Wrapping presents with music instead of going outside for a smoke
- A Christmas “clean lung” playlist



Have someone
ready to text when
you get the “just one
won’t hurt”
thoughts

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Use your support network

You're not meant to do this alone!



Reach out to:

- Your stop-smoking advisor
- A friend you trust
- A family member who will cheer you on
- A WhatsApp buddy who knows what you're doing
- The Healthworks Quit Facebook Group if you live or work in Newcastle



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Remember Christmas is just a few days

Most of December is actually normal life

Christmas pressure is short - your quit journey is long and incredibly worthwhile.

Imagine:

- Waking up on Christmas morning without coughing
- Feeling proud instead of guilty
- Starting January already weeks into quitting

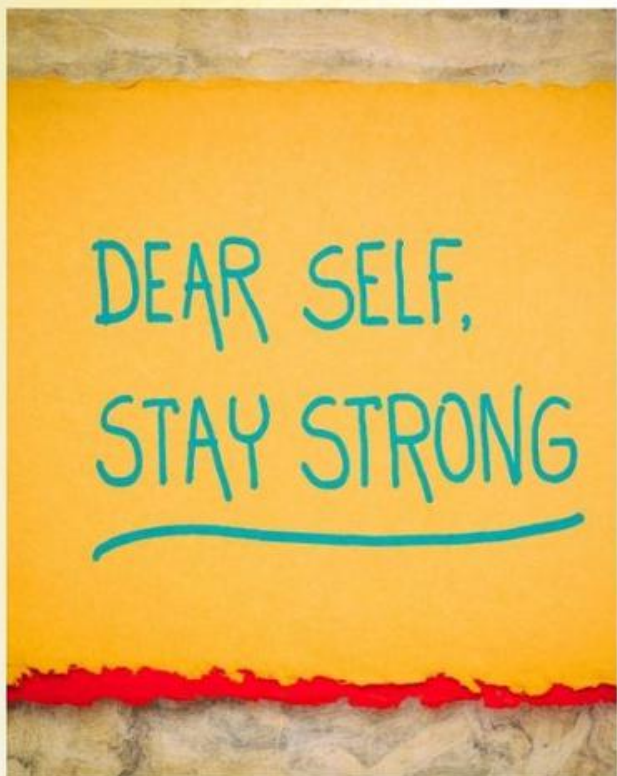


**That's your reality
if you get through
these few festive
hurdles**

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Don't fear a slip - recover from it

A slip is a moment, not a failure



If it happens:

- Stop immediately - don't turn it into a pack
- Be kind to yourself
- Review what triggered it
- Get back to your plan within an hour



People who slip and carry on quitting succeed more than people who give up after one cigarette

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A final message

You're doing something incredibly brave during the hardest time of the year.

- Every urge resisted is a win.
- Every day you don't smoke is a gift to your future self.
- And come New Year's Day, you'll be miles ahead of everyone starting their resolutions.



**You've got this - and you
deserve to feel proud!**



**Join our Quit Community on facebook and visit our stop
smoking service webpage by scanning the code**

www.healthworksne.org.uk



Healthworks

the community health charity

Supporting Healthworks is as easy as 123...

Last year over 18,000 people attended our services more than 83,000 times in total. Your support means that we can reach even more people across the North East to help them to live longer, healthier and happier lives.

Three simple ways you can support our work:

1

Would you sign up to donate monthly?

To learn more scan the QR code or go to
<https://www.givengain.com/campaign/healthworks-newcastle-32155>



SCAN ME

2

Have you considered leaving a gift in your Will?

We support Remember a Charity who inspire legacy giving. Visit their website at www.rememberacharity.org.uk or scan the QR code to learn more.



SCAN ME

3

Do you shop online?

Every time you shop online the retailer could make a donation to us at no cost to you.

Visit:
<https://www.easyfundraising.org.uk/causes/healthworks-newcastle/> or scan the QR code to learn more.



SCAN ME

Whether or not you choose to support us, thank you for taking the time to consider us.

If you want to support in other ways, you can contact us via email fundraising@hwn.org.uk or at our registered address.

Please mark your envelope 'fundraising' and please do not send cash in the post.

Family support and advice services:

- Pregnancy and Breastfeeding

Healthworks has a dedicated team that works Citywide to provide Best Start Services:

<https://www.healthworksnewcastle.org.uk/service/antenatal-breastfeeding-support/>

- Children and Families Newcastle

Help and support for children aged 0-19 [https://www.newcastle.gov.uk/services/care-](https://www.newcastle.gov.uk/services/care-and-support/children/getting-help-children-and-families/children-families-newcastle-0)

[and-support/children/getting-help-children-and-families/children-families-newcastle-0](https://www.newcastle.gov.uk/services/care-and-support/children/getting-help-children-and-families/children-families-newcastle-0)

- Information Now <https://www.informationnow.org.uk/>

Online information about services for people who live in Newcastle

- Action for Children <https://www.actionforchildren.org.uk/>
- Barnardos <https://www.barnardos.org.uk/>
- Children North East <https://www.children-ne.org.uk/>
- Free and Emergency Food <https://www.informationnow.org.uk/article/food-banks-in-newcastle/>
- Benefit Advice <https://newcastle.gov.uk/services/welfare-benefits>
- Search Services for over 50's <http://www.searchnewcastle.org.uk/>
- Riverside Community Health Project <http://www.riversidechp.co.uk/>
- Citizens Advice Bureau (CAB) <http://www.citizensadvice-newcastle.org.uk/>

- **List of useful contact numbers**

- **Samaritans 116 123**
- **NHS Direct 111**

Energy Advice:

- Ofgem <https://www.ofgem.gov.uk/information-consumers/energy-advice-households>
- Energy Savings Trust <https://energysavingtrust.org.uk/energy-at-home/>
- Newcastle City Council <https://www.newcastle.gov.uk/services/environment-and-waste/energy-advice>
- CAB <http://www.citizensadvice-newcastle.org.uk/services/energy-advice>
- Government Green Deal <https://www.gov.uk/green-deal-energy-saving-measures>

Mental Health Support:

- The Samaritans <https://www.samaritans.org/how-we-can-help/contact-samaritan/>
- NHS approved mental health services <https://www.nhs.uk/nhs-services/mental-health-services/>



We hope you enjoyed this Feelgood Family Christmas Book!

**For more ideas, inspiration and information
about our work and
how you can get involved visit
www.healthworksne.org.uk**