

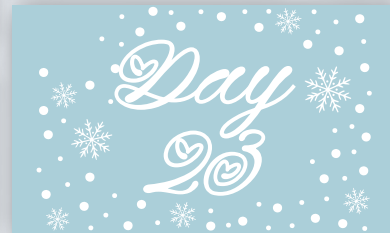
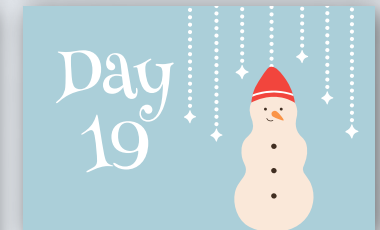
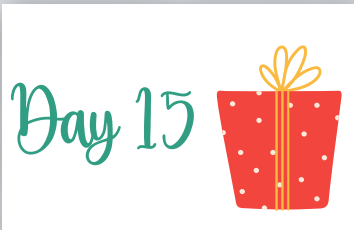
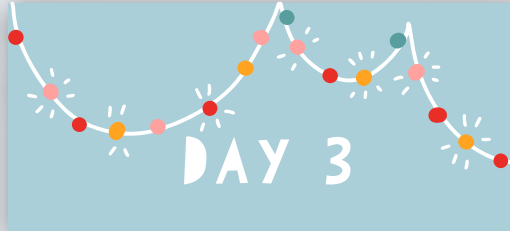


# HSE HEALTH AND WELLBEING COUNTDOWN TO CHRISTMAS DECEMBER 2022



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# HSE HEALTH AND WELLBEING COUNTDOWN TO CHRISTMAS DECEMBER 2022

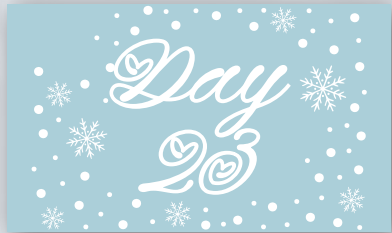
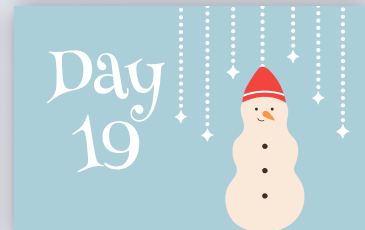
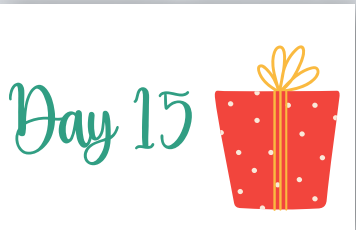
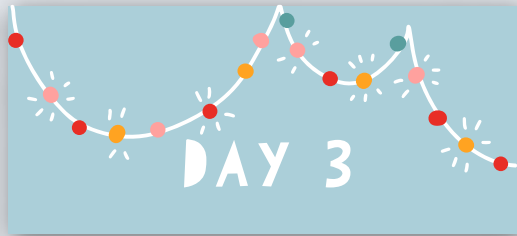


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01

Welcome to our Countdown to Christmas Calendar! Follow these daily tips to support your health and wellbeing as we embrace the festive season.



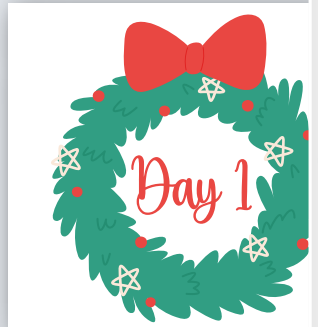


# HSE HEALTH AND WELLBEING COUNTDOWN TO CHRISTMAS DECEMBER 2022

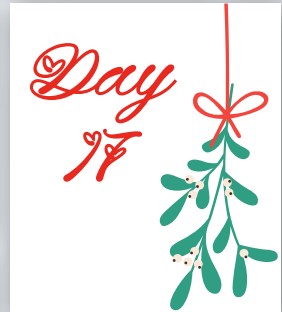
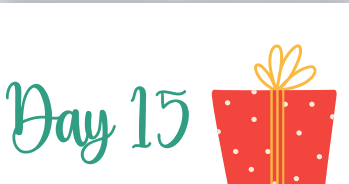
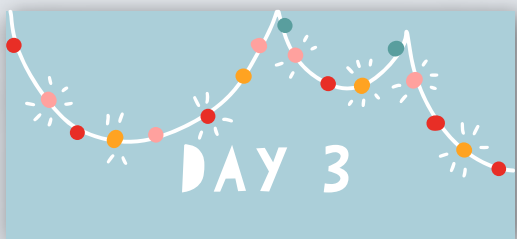


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02  
**Do you 'Know Your Numbers' when it comes to your health and wellbeing?**  
Download this handy wallet card [HERE](#); or order for free from [healthpromotion.ie](#)





# HSE HEALTH AND WELLBEING COUNTDOWN TO CHRISTMAS

## DECEMBER 2022

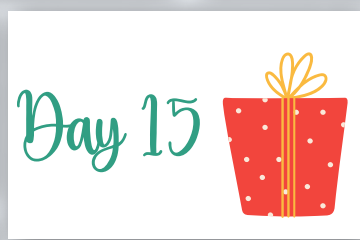


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03  
Practising and expressing gratitude reminds us to appreciate all that we have. A simple way includes creating a 'gratitude journal' and writing down 3-4 things before bed that brought you joy that day.







# HSE HEALTH AND WELLBEING COUNTDOWN TO CHRISTMAS DECEMBER 2022

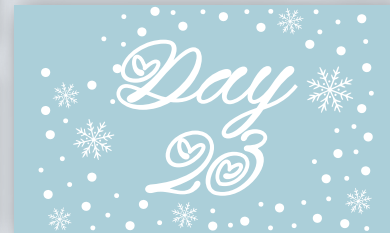
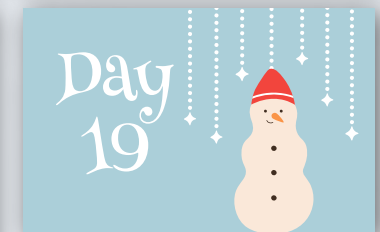
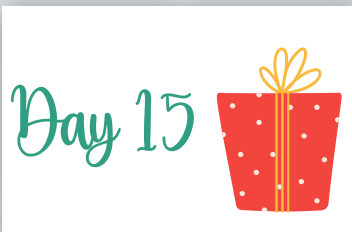


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04 Take inspiration from the HSE Health and Wellbeing webinars available on topics such as 'The Psychology of Health and Happiness' and 'Identifying Your Strengths'. [Watch them HERE](#)



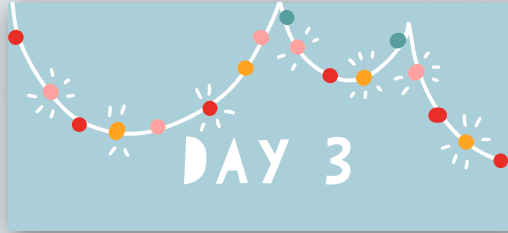


# HSE HEALTH AND WELLBEING COUNTDOWN TO CHRISTMAS DECEMBER 2022

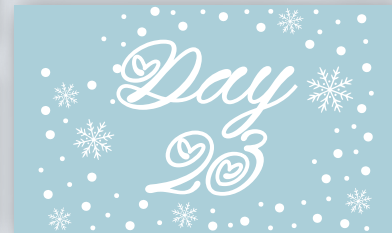
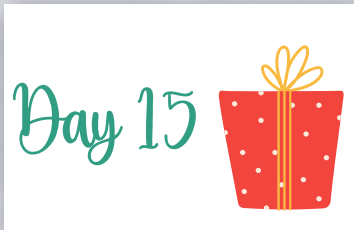


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It may be the season of good cheer for many, but low mood can affect us all at various stages of our lives. Try these tips for improving your mood **HERE**



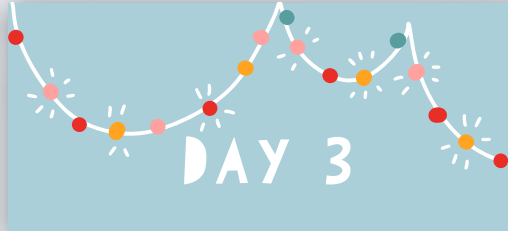


# HSE HEALTH AND WELLBEING COUNTDOWN TO CHRISTMAS DECEMBER 2022

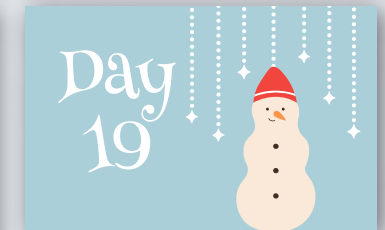
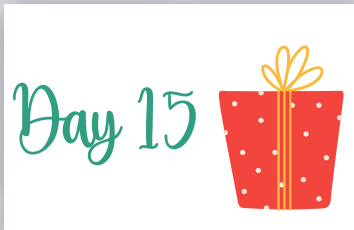


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06  
Maintaining a healthy diet can be challenging when surrounded by festive feasts and tempting treats! Try to eat healthy, well-balanced meals. **These tips [HERE](#) will help.**





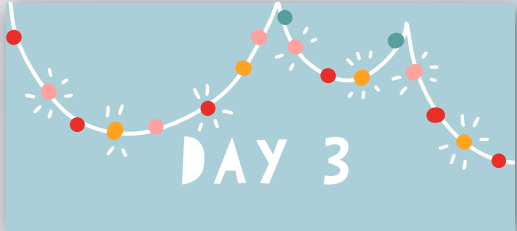


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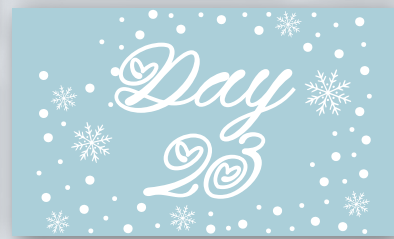
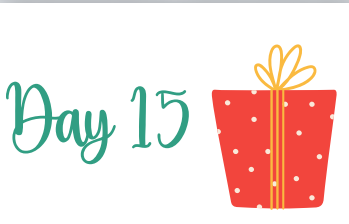


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07 The festive season can be lonely for some. Show compassion and demonstrate kindness by checking in on more vulnerable members of your community, such as friends or neighbours who live alone.





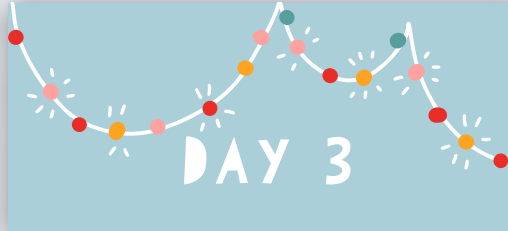


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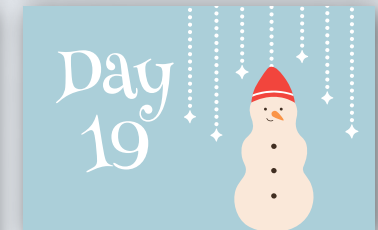


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**08** Our physical health has a big impact on how we feel. Doing yoga, Pilates or strength & conditioning exercises can improve our physical health. Try our free online programmes [HERE](#)



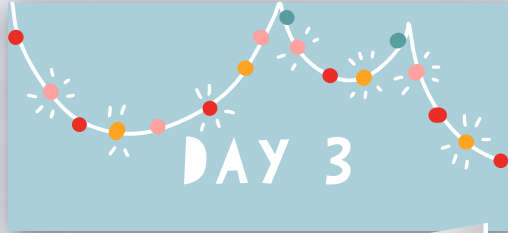


# HSE HEALTH AND WELLBEING COUNTDOWN TO CHRISTMAS DECEMBER 2022



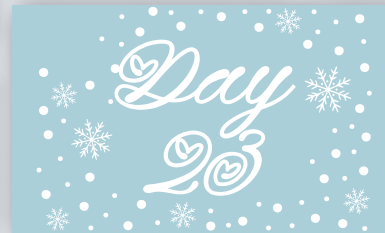
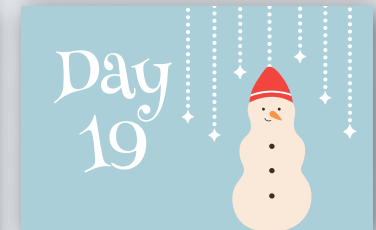
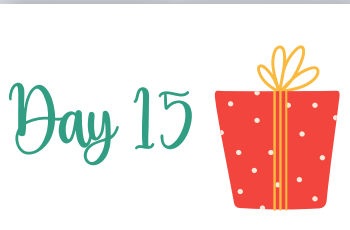
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09

Click [HERE](#) to access your 'Personal Happiness Planner', which will support you to set goals, create positive change, raise your energy and form new habits.



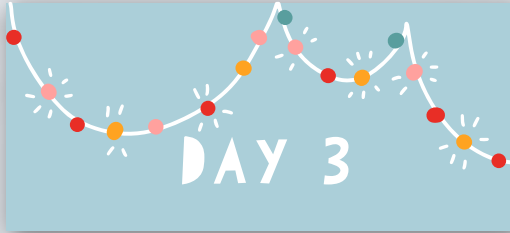


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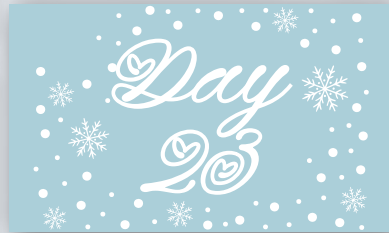
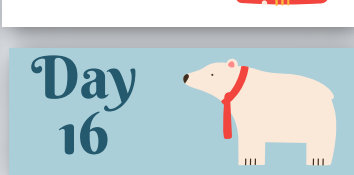


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10 Christmas is a time of year that can increase our exposure to alcohol. For tips on drinking less and tools to track your drinking habits visit [askaboutalcohol.ie](http://askaboutalcohol.ie)







# HSE HEALTH AND WELLBEING COUNTDOWN TO CHRISTMAS DECEMBER 2022

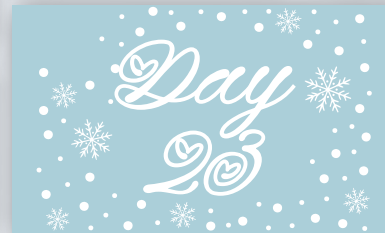
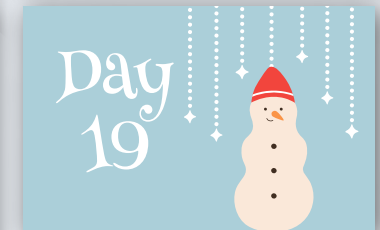
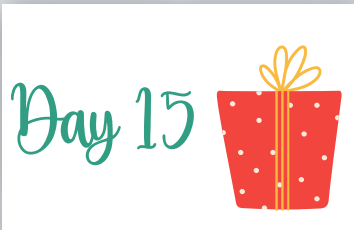


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11  
Did you know that the arts (including visual art, theatre, literature, music and dance) can positively impact our health and wellbeing? Find out more [HERE](#)



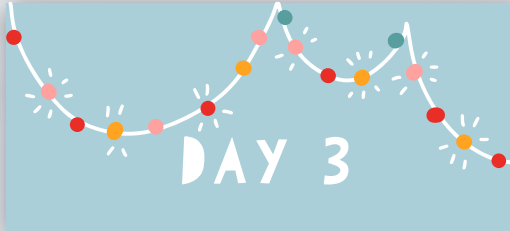


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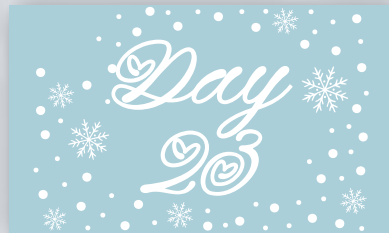
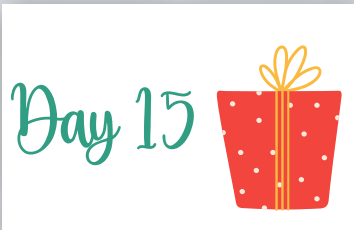


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12  
Our online Christmas concert takes place on 21st December. Plan now to come and join us for the festivities. Book your place [HERE](#)



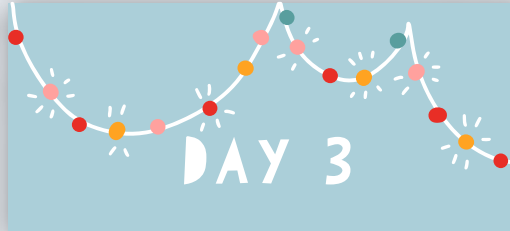


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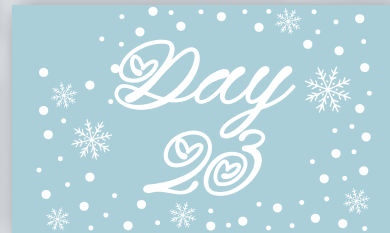
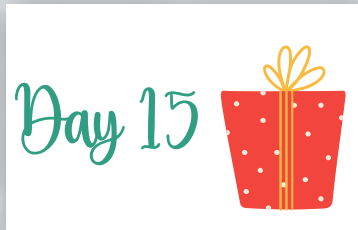


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13 The busy festive season brings with it additional tasks for our 'to-do' list. Ease feelings of stress and embrace the Christmas chaos with our tips [HERE](#).





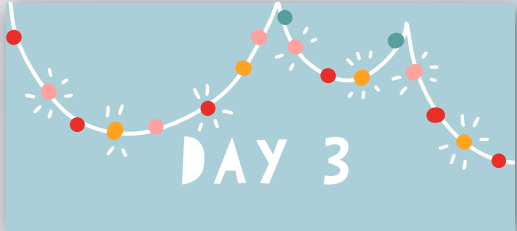


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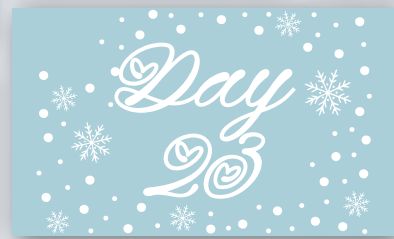
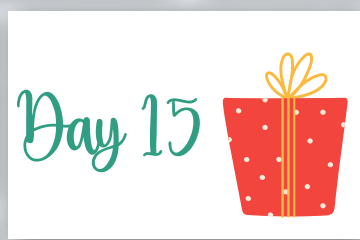


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Doing something creative, such as cooking and baking, can enhance our mood. safefood's '101 Square Meals' recipe book has a wide range of delicious dishes to try. Available [HERE](#).



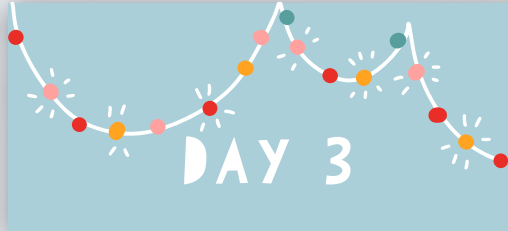


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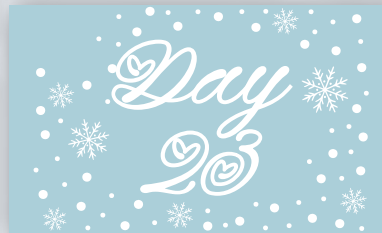


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15  
Play it safe this Christmas and throughout the year. Visit [sexualwellbeing.ie](http://sexualwellbeing.ie) for information on your sexual health and wellbeing.



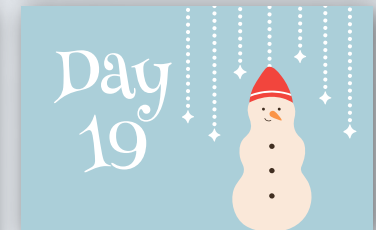
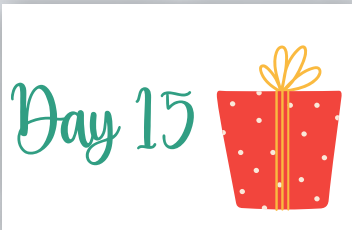
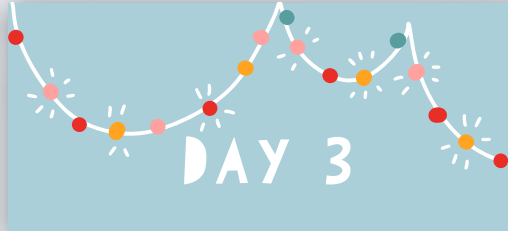


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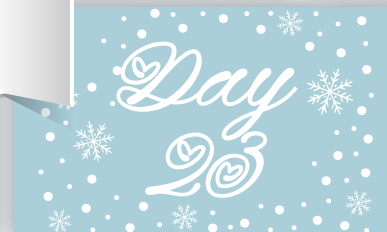


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16 Connecting with nature can benefit our mental health. Wrap up and explore your local **Slí na Sláinte** route, **Greenway** or **Parkrun** this festive season.





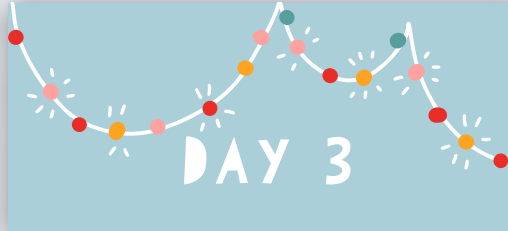


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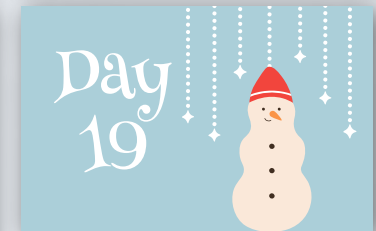


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If managing your weight and health is your goal for the New Year, the HSE's guide to developing healthy habits can support you. [Click HERE](#)



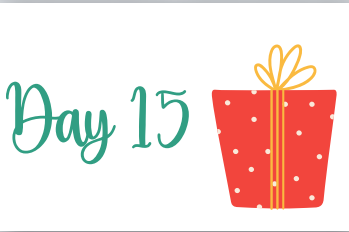
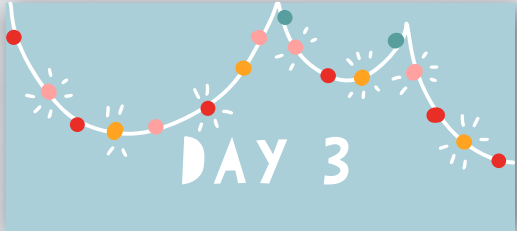


# HSE HEALTH AND WELLBEING COUNTDOWN TO CHRISTMAS DECEMBER 2022



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18  
With technology playing such a huge part of the family Christmas, there are times when it's important to put mobile devices to one side and come together and play.  
Visit [makeastart.ie](https://www.makeastart.ie)



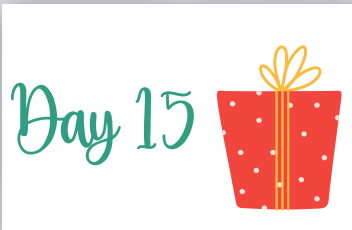
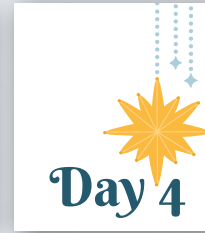
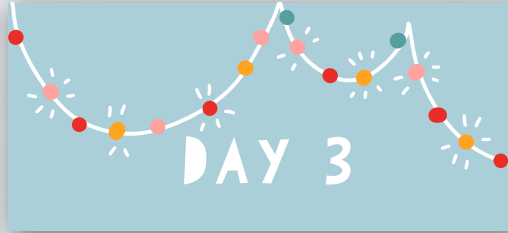


# HSE HEALTH AND WELLBEING COUNTDOWN TO CHRISTMAS DECEMBER 2022



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19 **Make 2023 the year you QUIT.**  
The HSE Quit Programme can help you stop smoking for good. Whether you've tried to quit before or this is your first attempt, we can offer you support and encouragement at [quit.ie](https://quit.ie)



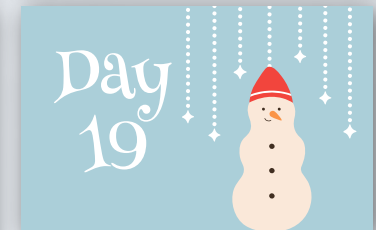
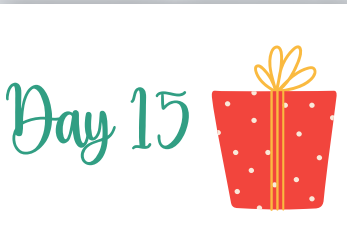
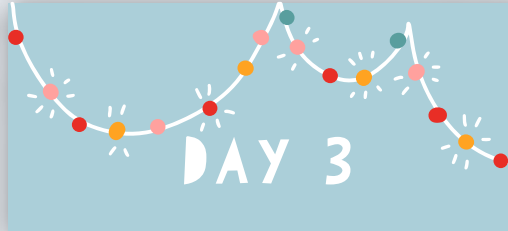


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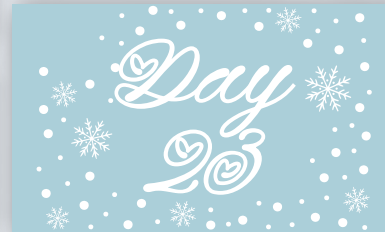


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20 Christmas is a particular time when we remember dear ones we have lost. For advice on dealing with death, bereavement and grief, click [HERE](#)





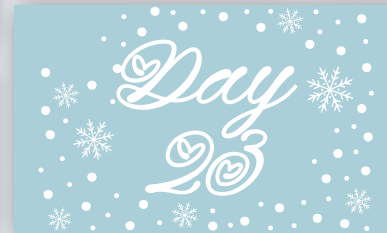
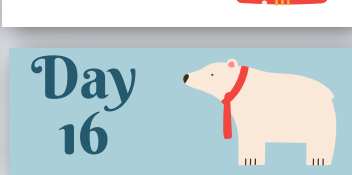
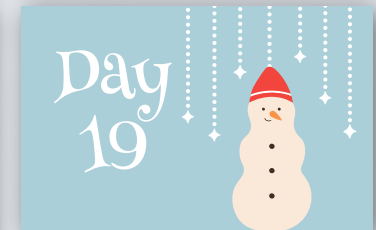
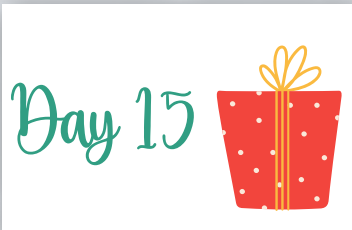
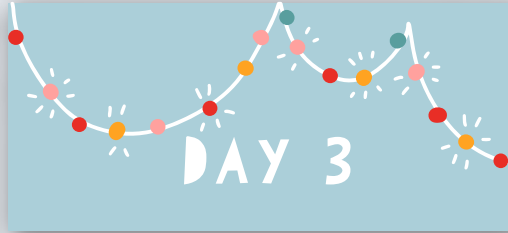


# HSE HEALTH AND WELLBEING COUNTDOWN TO CHRISTMAS DECEMBER 2022



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**21** Today's the day of the HSE Christmas concert. Festive fun is guaranteed! If you are unable to join us live at 4pm, registering will ensure you receive the recording. [Register HERE](#)



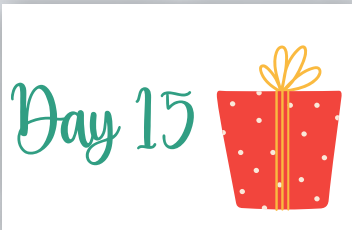
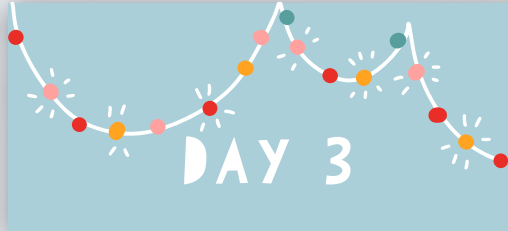


# HSE HEALTH AND WELLBEING COUNTDOWN TO CHRISTMAS DECEMBER 2022



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22 Reduce Food Waste: As you plan your Christmas meals, consider how you can use any leftovers [HERE](#)

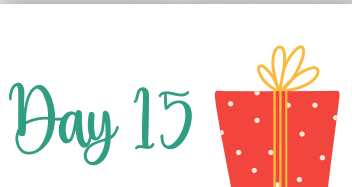
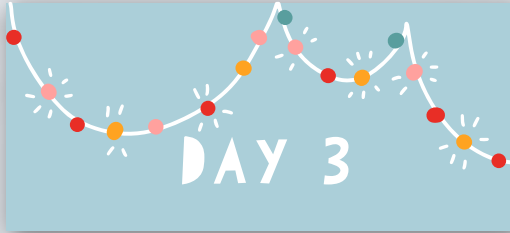


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23 If you are working over Christmas, ensure to take time to relax and recharge. 'Minding Your Wellbeing' provides an opportunity to learn about mindfulness, gratitude, self-care and resilience. [Click HERE](#)



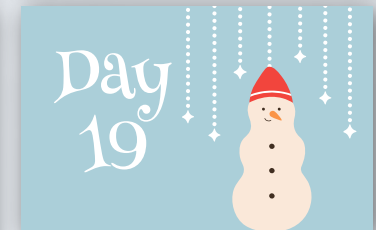
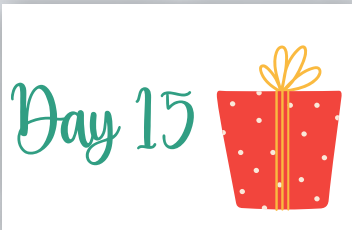
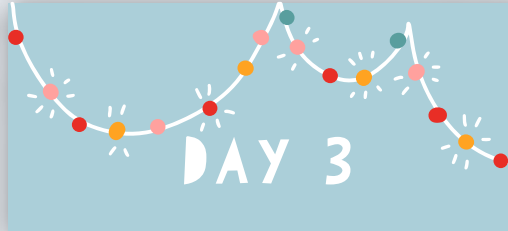


# HSE HEALTH AND WELLBEING COUNTDOWN TO CHRISTMAS DECEMBER 2022



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24 One more sleep! Good-quality sleep makes a big difference to how we feel. For tips for better sleep click [HERE](#)





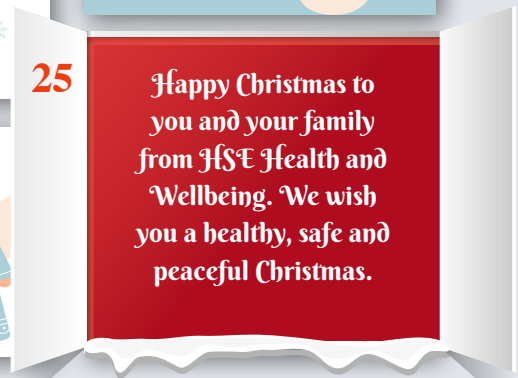
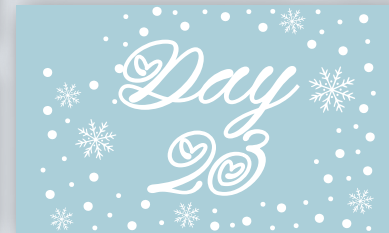
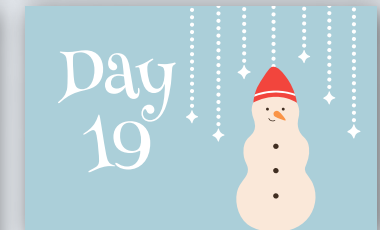
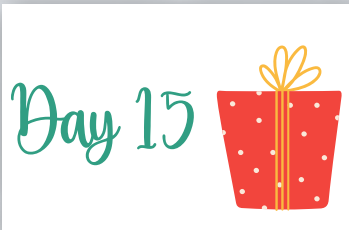
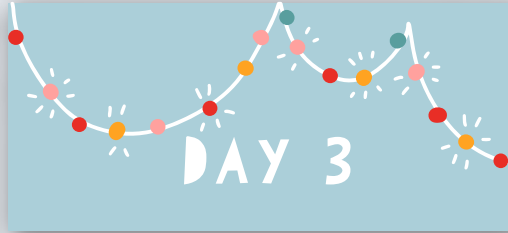


# HSE HEALTH AND WELLBEING COUNTDOWN TO CHRISTMAS DECEMBER 2022



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# HSE HEALTH AND WELLBEING COUNTDOWN TO CHRISTMAS DECEMBER 2022



[Click Here to return to Interactive Calendar](#)

**Day 1**

Welcome to our Countdown to Christmas Calendar! Follow these daily tips to support your health and wellbeing as we embrace the festive season.




**Day 2**

Do you 'Know Your Numbers' when it comes to your health and wellbeing? Order the handy wallet card from [healthpromotion.ie](http://healthpromotion.ie)




**Day 3**

Practising and expressing gratitude reminds us to appreciate all that we have. A simple way includes creating a 'gratitude journal' and writing down 3-4 things before bed that brought you joy that day.



**Day 4**

Take inspiration from webinars available on the HSE Health and Wellbeing YouTube Channel, featuring topics such as 'The Psychology of Health and Happiness' and 'Identifying Your Strengths.'




**Day 5**

It may be the season of good cheer for many, but low mood can affect us all at various stages of our lives. For tips on improving your mood visit [yourmentalhealth.ie](http://yourmentalhealth.ie)




**Day 6**

Maintaining a healthy diet can be challenging when surrounded by festive feasts and tempting treats! Try to eat healthy, well-balanced meals. Search 'healthy eating' on [hse.ie](http://hse.ie) for tips.




**Day 7**

The festive season can be lonely for some. Show compassion and demonstrate kindness by checking in on more vulnerable members of your community, such as friends or neighbours who live alone.




**Day 8**

Our physical health has a big impact on how we feel. Doing yoga, Pilates or strength & conditioning exercises can improve our physical health. Try our free online programmes available from the HSE Health and Wellbeing website and YouTube channel.



**Day 9**

The 'Personal Happiness Planner' will support you to set goals, create positive change, raise your energy and form new habits. Search 'Personal Happiness Planner' on [hse.ie](http://hse.ie)



**Day 10**

Christmas is a time of year that can increase our exposure to alcohol. For tips on drinking less and tools to track your drinking habits visit [askaboutalcohol.ie](http://askaboutalcohol.ie)



**Day 11**

Did you know that the arts (including visual art, theatre, literature, music and dance) can positively impact our health and wellbeing? Find out more at [creativeireland.gov.ie](http://creativeireland.gov.ie)



**Day 12**

Our online HSE Christmas concert takes place on 21st December. Plan now to come and join us for the festivities. For registration details, email [healthyireland@hse.ie](mailto:healthyireland@hse.ie)



**Day 13**

The busy festive season brings with it additional tasks for our 'to-do' list. Ease feelings of stress and embrace the Christmas chaos with tips at [yourmentalhealth.ie](http://yourmentalhealth.ie)




**Day 14**


Doing something creative, such as cooking and baking, can enhance our mood. [safefood's](http://safefood.ie) '101 Square Meals' recipe book has a wide range of delicious dishes to try. Available from [healthpromotion.ie](http://healthpromotion.ie)



**Day 15** Play it safe this Christmas and throughout the year. Visit [sexualwellbeing.ie](http://sexualwellbeing.ie) for information on your sexual health and wellbeing.




**Day 16** Connecting with nature can benefit our mental health. Wrap up and explore your local Slí na Sláinte route, Greenway or Parkrun this festive season.



**Day 17**

If managing your weight and health is your goal for the New Year, the HSE's guide to developing healthy habits can support you. Available from [healthpromotion.ie](http://healthpromotion.ie)




**Day 18**

With technology playing such a huge part of the family Christmas, there are times when it's important to put mobile devices to one side and come together and play. Visit [makeastart.ie](http://makeastart.ie)



**Day 19**

Make 2023 the year you QUIT. The HSE Quit Programme can help you stop smoking for good. Whether you've tried to quit before or this is your first attempt, we can offer you support and encouragement at [quit.ie](http://quit.ie)



**Day 20**

Christmas is a particular time when we remember dear ones we have lost. For advice on dealing with death, bereavement and grief visit [hse.ie/grief/healthcare](http://hse.ie/grief/healthcare)



**Day 21**

Today's the day of the HSE Christmas concert. Festive fun is guaranteed! If you are unable to join us live at 4pm, registering will ensure you receive the recording. For details, email [healthyireland@hse.ie](mailto:healthyireland@hse.ie)



**Day 22**

Reduce Food Waste: As you plan your Christmas meals, consider how you can use any leftovers with tips from [epa.ie](http://epa.ie)



**Day 23**

If you are working over Christmas, ensure to take time to relax and recharge. 'Minding Your Wellbeing' provides an opportunity to learn about mindfulness, gratitude, self-care and resilience. Available from the HSE Health and Wellbeing website and YouTube channel.

**Day 24**

One more sleep! Good-quality sleep makes a big difference to how we feel. For tips for better sleep see [yourmentalhealth.ie](http://yourmentalhealth.ie)



**Day 25**

Happy Christmas to you and your family from HSE Health and Wellbeing. We wish you a healthy, safe and peaceful Christmas.

