

With Christmas just around the corner, we can't stress more how important it is to take care of yourselves as parents and carers. 'Check in' with yourself perhaps using this free evidence-based app, [How We Feel](#), developed by [Professor Marc Brackett](#) at Yale in the run up to Christmas and over this festive period. Remind yourself of your 'anchors and assets'; who is there for you and actions you can take to actively cope better. Our [Coping Menu](#) might give you some ideas and give you a tool to use with the whole family.

Feeling anxious or stressed? *Puzzle it out*. If it is possible to identify anxiety triggers, we are more likely to implement interventions that can reduce those wobbles. Our [Stress Less](#) activity can help, as can any number of our '[Wobble resources](#)' in Tooled Up. You can find lots of [creative](#) ideas in our library too that can aid relaxation.

Let's not forget about all our seasonal resources: [50 Ways to Bond with Your Child Over Christmas](#) is full of easily actionable tips and our Christmas screen time [article](#) and short [podcast](#) will help you with strategies to help make screens enjoyable for the whole family. If your children divide their time between two homes, we have some tips from [Dr Reenee Singh](#). Sleep is also a vital part in self-care and you can find some great, evidence-based tips on sleeping better [here](#).

Make sure you keep browsing our site over the festive period, register for some of our amazing 2023 [webinars](#) coming up and set yourself some new [goals in 2023](#).



2023 Goal Setting Planner



Dr Weston Talks with Dr Reenee Singh: Supporting Children through Parental Separation



Christmas Screen Use



Dr Weston's Advice on Screen Use at Christmas



50 Ways to Bond
with Your
Children Over
Christmas



Stress Less:
Understanding
and Addressing
Your Anxiety
Triggers



My Coping Menu



Dr Weston Talks
with Professor
Marc Brackett
about Emotional
Intelligence:
Permission to
Feel