



## Stuart Low Trust Participants' Tips: Wellbeing over the Holiday Season

For the Holiday season, Stuart Low Trust Participants came up with a list of tips to reduce stress and maintain mental health and wellbeing.

- **Pace yourself.** Try not to overdo it during the holiday season.
- **Do some exercise.** Walking, running, swimming or whatever makes you feel good and gets you active.
- **Do things you enjoy.** Take time for a long winter walk, watch films, listen to your favourite music or read a good book.
- **Maintain your regular sleep patterns.** Get enough sleep each night and maintain routines.
- **Regular check-in.** Check in with neighbours, family and friends.

## Free Holiday Season Activities

|                            |                                  |                                  |
|----------------------------|----------------------------------|----------------------------------|
| <b>27<sup>th</sup> Dec</b> | Sing and Dance with Peter Newman | St. Mary's Neighborhood Centre.* |
| <b>3<sup>rd</sup> Jan</b>  | New Year Karaoke                 | St. Mary's Neighborhood Centre.* |
| <b>10<sup>th</sup> Jan</b> | Health and Wellbeing Event       | St. Mary's Neighborhood Centre.* |

\*St. Mary's Neighbourhood Centre, Upper Street, Islington N1 2TU (between St. Mary's Church Garden and Dansk Florists).

# Helplines



Samaritans

Call free anytime on  
116 123

Adult Social Care  
Islington

020 7527 2299

National Domestic Violence 0808 2000 247

Addaction drugs and alcohol 0203 228 1500

Non-emergency: Police 101

Non-emergency: Health 111

**IN AN EMERGENCY CALL 999**

## What is The Stuart Low Trust?

We provide safe spaces and community activities focusing on arts, nature and wellbeing, including out of hours. We connect and support people for better health and wellbeing.

### Want to get involved?

Volunteer at our sessions, support us with fundraising, partner with us or participate in our activities.

For more information call 0207 713 9304 or email [info@slt.org.uk](mailto:info@slt.org.uk)

Follow us on social media:



Charity number 1102325

Company number 5001948

