

## Relieve the Pressure Prompts

### Week 7 - Prioritising Your Relationship With Yourself This Festive Season

#### CONVERSATION PROMPTS: DEC 26TH - JAN 1ST

As we reflect on the past 12 months, we can sometimes feel like we haven't achieved all we set out to do, but that is ok. This is your reminder to be kind to yourself, others around you and make time this festive season to build in some self-care with these prompts and tips:

1. Life can sometimes feel overwhelming. What can we do for each other to help us each feel less pressure this week?
2. What can we each prioritise this week to look after ourselves?
3. I didn't do all I wanted this year, can you help me achieve my goals in 2023? How can I help you reach your goals?
4. It's been helpful to have this conversation, but do you think we might need some professional support?



#### WHAT NEXT?

For a range of tips, tools & videos to support you to 'Relieve the Pressure' on your relationships this winter, visit;

[Relateni.org](https://relateni.org)

Inspire is also on hand to support you and your mental-wellbeing this Winter, visit;

[Inspirewellbeing.org](https://inspirewellbeing.org)

#### TOP TIPS TO RELIEVE THE PRESSURE THIS WEEK

- Festive demands & expectations in life can make you lose sight of your wellbeing. Take a minute and pause together. Being mindful of each other when we are feeling pressure is the first step to supporting each other.
- Good relationships are key to a happy self. Make a list of activities that make us happy and dedicate time each week to the things you enjoy doing together that keep you well.
- Don't be so hard on yourself, we may not be perfect, but we are doing our best. Work together to set realistic goals and be grateful for all you have achieved. Above all be gentle, kind and patient with yourself in 2023.
- Talking to each other is really helpful when you are feeling the stresses of life. Sometimes, when life gets too much, we need to seek professional support. Relate NI & Inspire can provide information & therapeutic services to support your mental health. There may be a range of other organisations in your area too!