

Relieve the Pressure Prompts

Week 5 - Managing Expectations Around Social Events & Friendships

CONVERSATION PROMPTS: DECEMBER 12TH-18TH

The festive period is a great opportunity to catch up with friends and loved ones, many come home from other places or have time off, and sometimes they can expect a lot from us. Here are some conversation points to help you manage those expectations;

1. **Money is tight this year but I still want to see you – do you think we could meet up somewhere less expensive or do something free?**
2. **I have a lot on this year, such as family commitments, is there any way we could meet up early in the New Year instead?**
3. **Hey, I wanted to give you a call to see how you are getting on this Winter in case I don't get to see you. How are you coping?**
4. **It would be nice to meet up with you this Christmas break but I am conscious of putting too much pressure on you. What might work for you?**
5. **I've noticed you seem to be feeling under pressure this Winter. I just want you to know I'm here for you, but it might be helpful to look for professional support too. Do you know where to look?**



TOP TIPS TO RELIEVE THE PRESSURE THIS WEEK

- Budget out what you can afford to spend on gifts, travel, and social events
- You don't have to say "yes" to every invitation! Manage the expectations you have for yourself before everyone else's.
- Take out your diary and plan out when you're available, and when you're free and when you're not.
- Take time out for yourself. This is a stressful time of the year, so make sure you find time to relax and do whatever makes you happy. There's nothing wrong with a little 'me time' when everything feels hectic.
- Talk about it! Tell your family, partner, friends, or whoever is close to you if you're feeling overwhelmed or if you need a bit of support or you're feeling like you're letting them down – most people will be very understanding!

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)

For more information on the work of Pure Mental's work to improve mental health awareness and education for young people, visit;

[Puremental.org](https://puremental.org)