



## Well-being Wednesdays

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## It's the most wonderful time of year!

Christmas seems to come quicker and quicker each year and with each year there seems to be more pressure to have the best tree, presents, Christmas dinner, parties, outside lights, wreaths, cards. But who puts that pressure on us? Society, family or ourselves?

The Christmas trees below are all exquisite in their own right, so take a step back if you are feeling the pressure of providing the best Christmas and think about what the real meaning of Christmas is - togetherness and love.



Remember not everyone finds Christmas an easy time of year, if you are struggling during the festive period make sure you look after yourself, think about what you need. Be generous and gentle towards yourself.

Take care Mrs B



Making a difference where you live

