LATELY

YOUR FIRST

TIME COMING

TO ONE

Keep in touch with

supportive people

If we're used to seeing people almost every day, whether it's at work, school, uni or TAFE, the holidays can feel lonely.

Keeping in regular contact with positive and supportive people can keep us feeling well.

 $ilde{ imes}$ Think about **who** and **what** gives you energy. Make plans in advance to keep in contact with those people, if you can.



