

## It's okay not to be okay

Be kind to yourself and try to respect what you need.

The holidays can be hard. It's okay if you're not your regular self, if you need extra time and space to destress, and if you find that your holiday period looks different to others.

**Look after yourself** as much as you can by planning time for you and remind yourself that it's okay to not be okay.

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Postor and

