



Disconnecting for the Festive Season

With the holiday season approaching, the fast pace of festivities can feel overwhelming. Streets are adorned with lights and decorations, calendars quickly fill with events, and digital notifications are constantly flooding social media. The festive season is the perfect time to consider a digital detox—an intentional period of reducing or eliminating the use of digital devices to reconnect with ourselves and the people around us.

In our tech-saturated world, we are often glued to our screens. Social media notifications, work emails, and endless scrolling all limit our face-to-face interactions, leaving us feeling isolated even if we are surrounded by people. This Christmas season let us consider taking a digital detox to reset, reflect, and immerse ourselves in the company of our loved ones.

Here are some of the mental benefits of a digital detox:

- **Mental Refresh:** Taking a break from screens allows us to refresh our minds. The endless flow of information often contributes to stress and anxiety, stealing away the peace we can experience during the festive season. A digital detox can bring clarity, helping us focus on the things and moments that really matter.
- **Strengthened Relationships:** Spending quality time with family and friends is a hallmark of Christmas. By stepping away from digital distractions, we can be fully present in the moment - engaging in conversations, sharing laughter and creating lasting memories.

- **Rekindling Traditions:** A digital detox provides the perfect opportunity to revive old traditions or create new ones. If we are focus on our screens, we often forget the joy of traditional holiday activities. A digital detox can provide the opportunity to rediscover or create new traditions such as baking cookies, decorating gingerbread houses, going to Christmas markets, doing some voluntary work or acts of kindness or simply enjoying a cozy movie night together.

So what can we do to make sure we engage into this digital detox?

1. **Set Digital Boundaries:** Choose specific times of day to put away your devices, such as during family meals or holiday movie nights. Designating screen-free times fosters an atmosphere of togetherness and ensures everyone stays engaged.

2. **Communicate Your Intentions:**

Let friends and family know you're planning a digital detox. By sharing your intentions, you set expectations and may even inspire others to join in, creating a shared commitment to be fully present with each other.

3. **Establish Tech-Free Zones:**

Create screen-free spaces in your home, like the dining room during meals or the living room. Creating spaces without screens encourages face-to-face interaction and deeper connections.

4. **Plan Offline Activities:** Organize activities that encourage

interaction, from board games to sports to dinner nights. These activities can foster laughter, storytelling, and shared experiences, enriching relationships in ways that digital interactions cannot.

5. **Lead by Example:** If others aren't ready to unplug, show them the value of in-person engagement by leading the way. Your enthusiasm and example may encourage others to join in the digital-free experience.

So, this Christmas, give the invaluable gift of presence. Allow yourself and your loved ones the opportunity to engage in meaningful interactions

devoid of screens. Embrace the spirit of the season by fostering a sense of togetherness, love, and joy that transcends digital communication. A digital detox isn't about abandoning technology altogether. Instead, it is about mindful usage, prioritizing face-to-face connections, and nurturing relationships that truly matter.

In a world that often prioritizes virtual over personal, taking time for a digital detox can transform our holiday experiences into cherished memories of warmth and togetherness. So, this Christmas, let's unplug from our screens and reconnect with each other. These are the moments that will echo in our hearts long after the decorations come down.

Finding Peace during Christmas time

Christmas is often a time of celebration, but for many, it can bring feelings of sadness, loneliness, or stress. These emotions are valid, and navigating them during a festive season can be challenging. However, there are ways to cope and create a meaningful and comforting holiday.

The first step in dealing with sadness is acknowledging your emotions. It is normal to feel down, especially if facing health issues, distance from loved ones, or unexpected circumstances. Rather than suppressing these feelings, allow yourself to experience them. Taking time to reflect on what you are feeling, whether by journaling or talking to someone you trust, helps process emotions in a healthy way.

Another way to cope is by redefining what Christmas means to you. Avoid the pressure to create a "perfect" experience. Focus on what truly matters to you: simplify traditions, skip large gatherings if they feel

overwhelming, and say no to commitments that drain your energy. Creating a manageable, meaningful season can reduce stress and foster peace.

If you feel isolated, stay connected with others. Reach out to friends or family, even if it is just a quick message or virtual call. If connecting feels difficult, volunteering can offer a sense of purpose and create meaningful interactions. Helping others during the Christmas period can bring moments of joy and remind you of the connections that do exist.

Taking care of yourself is essential. Prioritize rest, nourishment, and

activities that bring you peace, such as walking, reading, or enjoying your favourite music. Even small joys, like savouring a treat or watching a relaxing movie, can lift your spirits. If sadness becomes overwhelming, consider seeking professional support. Therapists or counsellors can provide guidance and coping strategies for managing emotional complexities during the season. There's no shame in seeking help.

The holidays do not have to look the same for everyone. By focusing on what feels authentic and treating yourself with kindness, you can find peace and create a festive season that supports your well-being.





New Year's resolutions for a balanced and healthier year ahead

- 1. Prioritize Self-Care:** Explore new activities that bring joy and fulfillment.
- 2. Develop a Relaxation Routine:** Use simple exercises to stay calm and focused.
- 3. Declutter:** Create a calming, organized environment.
- 4. Get Outdoors:** Aim for regular outdoor walks or relaxation.
- 5. Stay Hydrated and Nourished:** Prioritize water and nutritious foods.
- 6. Improve Sleep:** Establish a consistent, restful bedtime routine.
- 7. Stay Active:** Exercise regularly to boost mood and reduce stress.
- 8. Let Go:** Release grudges and embrace forgiveness.
- 9. Practice Gratitude:** Note three things you're thankful for daily.
- 10. Say No More Often:** Protect your time and energy by setting limits.
- 11. Reduce Negativity:** Limit exposure to stress-inducing content.
- 12. Embrace Imperfections:** Practice self-compassion and let go of perfectionism.
- 13. Strengthen Connections:** Schedule time with friends or family who uplift you.
- 14. Learn Something New:** Stimulate your mind with fresh experiences.

Message from the ESP Team

As we approach the end of another year, the ESP team would like to take a moment to express our heartfelt appreciation and gratitude to all of you for the opportunity to support your well-being and resilience throughout this year. We wish you and your loved ones a holiday season filled with peace, love, and serenity. May this special time of year bring you relaxation and a chance to recharge for the new year ahead. We look forward to continuing supporting you in the coming year.



Join this initiative

Day after day, the Malta Community Chest Fund gives hope to Maltese individuals and families who are facing medical, social, disability or anyone requiring treatment abroad by helping according to their needs.

You can be part of this mission by offering a small contribution from your monthly salary, no matter how small, to make a difference in someone's life. This is not just about giving but more about getting together as a community to ensure that no one will have to face life's challenges on their own.

So let us work together to build a brighter future and be more compassionate. Your input will change the lives of the people who depend on the support of the Malta Community Chest Fund. Join this noble cause by registering [here](#).



Contact Us

We value your feedback!
If you have any suggestions
or comments, please feel
free to contact us.

For more information on how the Employee Support Programme can help you, or to make an appointment, please call on 22001210 or email us on esp.opm@gov.mt or visit www.esp.gov.mt. The service is confidential and free to use. Employees do not need permission from their supervisors to access and use the service.

For queries relating to employment conditions or further assistance, you can contact the One-Stop-Shop for public employees by phone 22001225, email (one-stop-shop.psd@gov.mt), or by visiting the People & Standards Division at 3, Castille Place, Valletta.

Follow us on [Facebook-Is-Servizz Pubbliku](#) or visit publicservice.gov.mt

The aim of this newsletter is to raise awareness and provide information for educational purposes.