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From: Shiel, Lana
Sent: 18 December 2020 19:42
To: +Math.Academic; +Math.Postdocs; +Math.PhD; +Math.Support.Staff; +Math.Teaching.Fellows; +Math.Coru
Subject: Wellbeing Christmas Update
Attachments: 2020-a4.pdf

Dear all,

It has been a full on first term back and I hope you are all getting ready to turn on your out of office replies and fully embrace that festive spirit!

It is really important to rest, recharge and acknowledge any burnout you may be feeling from work at this point. Some of you may still feel in work mode and not quite in that Christmas spirit, and for others, this period of time may bring forth some feelings of sadness and grief rather than celebration and you may not enjoy this time of year.

Whatever category you fall into above, I hope you can find something to enjoy or help you with wellbeing from the list below.

In this issue:

Talking

How to deal with Christmas when it doesn't bring you joy

Mental health and mindfulness around Christmas

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Theatre online

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Chalkdust Christmas puzzle card

Getting out into Nature

Talking

We are all feeling the effects of 2020, and I for one know I have struggled with burnout, mood changes and motivation. Letting colleagues and bosses know made me feel so much better as oftentimes the stress of how you are feeling can be as bad or worse than the cause.

Point to remember: I am the designated UCL Wellbeing Champion for Mathematics and my inbox is always open for any personal or work related issues, big or small that you want to talk about.

Chalkdust Mathematics Puzzle Christmas Card

For those of us that enjoy a mathematics challenge, find the printable Chalkdust Magazine mathematics Christmas card attached. This has a colour by numbers design on the front but here's the catch; you need to work out the various mathematics puzzles to figure out which colour to use!

Indulge in the things that bring you joy

Remember things that brought you joy day to day and try to incorporate these into your two weeks of rest.

Do you miss your designated reading time because you no longer commute every day? Set aside some time to read the first chapter of a book over the Christmas period.

Missing your favourite podcasts/radio stations during a long drive? Put some music on when doing your dishes/getting up in the morning.

Free live theatre broadcasts

For those of you missing the big stage, find a schedule of Panto's and Christmas shows streaming online this Christmas

<https://www.playbill.com/article/schedule-of-upcoming-and-current-free-live-stream-broadcasts-com-322823?fbclid=IwAR2HHFALK2oGccfpoodYEybslTmR-3aygTNnHF-2yWAFvgJcSWmblr6pCpY>

Festive activities

Creating something artsy, crafting, or making anything (from cocktails to a good recipe) has been proven to boost your mental health.

There is a folder on the Maths All Teams Group where you can share any recipes, ideas or creations that

Try picking something from the below list to create during the holidays. If you do not consider yourself particularly crafty you can follow the instructions step by step. For those of you that are craft or bartender dab hands, you can put your own spin on the creations!

Below are some festive activities to get stuck into

Make a Christmas garland

<https://francoisemmoi.com/diy/how-to-make-dried-orange-garland/>

Make your own wreath

<https://www.hobbycraft.co.uk/ideas/decor-hobbies/how-to-make-a-traditional-artificial-wreath>

Make Christmas cards for next year

<https://www.thesprucecrafts.com/diy-christmas-cards-4177042>

Make mulled wine

<https://www.bbcgoodfood.com/recipes/mulled-wine>

Make a yule log

<https://www.nigella.com/recipes/yule-log>

<https://realfood.tesco.com/recipes/yule-log.html>

Easy food recipes: mince pies, gravy, chestnuts, Christmas pudding mulled wine and more

<https://www.bbcgoodfood.com/recipes/collection/easy-christmas-recipes>

<https://www.bbc.co.uk/food/occasions/christmas>

<https://www.countryliving.com/content/christmas-recipes/>

Cocktails and Mocktails

<https://www.buzzfeed.com/hannahloewentheil/easy-cocktails-holiday-entertaining>

<https://www.buzzfeed.com/jamieharrington/17-boozy-drink-recipes-to-keep-you-sane-this-holid-k9uc>

<https://www.bbcgoodfood.com/recipes/collection/non-alcoholic-christmas-drinks-recipes>

<https://laurenlatest.com/christmas-mocktails/>

<https://www.asdagoodliving.co.uk/food/features/christmas-mocktails>

Getting into nature

Being outside is a natural mood booster and when we are spending so much time indoors and the change in temperature outside to sweater weather, it can be harder to motivate yourself to leave the couch. Finding a purpose to be outdoors or a fun new way to walk around can be that little boost needed to make it past the front door.

View the local lights

This year myself and my partner made an activity advent calendar in place of the traditional chocolate one. Things ranged from movies to food to activities. One that my partner came up with was to fill our thermos with hot chocolate, go for a walk and look at the Christmas lights in the neighbourhood. It was such a lovely evening and I fully recommend this to anyone looking for a reason to leave the house.

Gather twigs and acorns to make a wreath

This is another purposeful reason to be outside and hunting for the 'perfect' twigs can be a great fun activity for the whole family.

Illustrative examples of difficulties around Christmas

This time of year is not easy or fun for everybody. Here is graphic illustrator Emma Rose's visual examples of how a happy atmosphere can impact those with mental illnesses or difficulties around Christmas

<https://www.allcleartravel.co.uk/mindful-christmas/>

If you find Christmas difficult or a trigger for negative emotions

Remember that Christmas day is just another day

Whilst other people are excited about the lead up to Christmas day, keep perspective in mind that it is another day of the year just like the others. You might know how you are going to feel about it or maybe you won't know until the day arrives. Whichever way, this is okay.

Prioritise what will help you relax and feel calm

This might be a smaller Christmas tree, watching your favourite film or repeat, a big bubble bath, lighting candles, getting stuck into your favourite book. Whatever works for you.

Allow yourself time and space

Christmas looks different for everybody and you do not need to feel guilty for needing 'me' time. You may not be able to face attending an online quiz, a family event, or a big group call. It is okay to say no to these events and focus on prioritising yourself. In these situations, it is good to remember to:

Be honest with the people around you when you can

The more than you can do this, the easier it is for other people to help you in the best way possible.

Let others know how they can help look after you

The people that care about you generally want to help you in any way that they can. If it is safe and you are able to do so, communicate with people what you feel would be most helpful from them.

Try not to put too much pressure on yourself

It is okay to feel differently to others. Your Christmas may not look like their Christmas and that is okay. You do not need to change your preferred way to spend the day even if it looks different to the people. Take things at your own pace. It's important not to push yourself to a point that becomes unhealthy or too

much for you. Set a few small goals and work towards them at your own pace. Remember to acknowledge all the progress you make along the way and tick off the completed ones!

More info can be found here:

<https://youngminds.org.uk/blog/five-helpful-reminders-if-you-find-christmas-difficult/>

<https://www.cosmopolitan.com/uk/body/health/a14405903/social-anxiety-christmas-hard-mental-health-grief/>

Helplines over Christmas

If you need to talk over the holiday period for grief, eating disorders, anxiety or any other issue, these services are available to use:

Cruse Bereavement Care

The Cruse Bereavement Care helpline is staffed by trained bereavement volunteers, who offer emotional support to anyone affected by bereavement. Call free 0808 808 1677.

<https://www.cruse.org.uk/>

Mind

For mental health support, the charity Mind has a helpline on 0300 123 3393 (local rate from landlines, mobile phone costs vary but will cost no more than a national call, and should be included in your inclusive minutes in the same way as 01 and 02 calls).

<https://www.mind.org.uk/information-support/helplines/>

The Silver Line

The Silver Line has a free, confidential helpline dedicated to helping older people, who may be feeling isolated, confused, or lonely. It is open 24 hours a day, 365 days a year. Call 0800 4 70 80 90.

<https://www.thesilverline.org.uk/>

The Samaritans

The Samaritans have a confidential helpline that is available 24 hours a day, 365 days a year, which is free to phone. There is no typical call and they can help with problems, big and small. Call 116 123.

<https://www.samaritans.org/>

Beat

Beat offers information and advice on eating disorders and runs a supportive online community

0808 801 0677 (adult helpline)

0808 801 0711 (youthline)

0808 801 0811 (studentline)

<https://www.beateatingdisorders.org.uk/>

Campaign Against Living Miserably (CALM)

Provides listening services, information and support for anyone who needs to talk, including a web chat.

0800 58 58 58

thecalmzone.net

I hope that you will find at least 1 or 2 useful things throughout this list and I will be checking my emails periodically over the Christmas period in case anyone wants or needs to talk.

If we don't speak again until January, I hope you have a merry Christmas/ happy holidays and lovely new year!

Warm and festive regards from your wellbeing Champion,
Lana

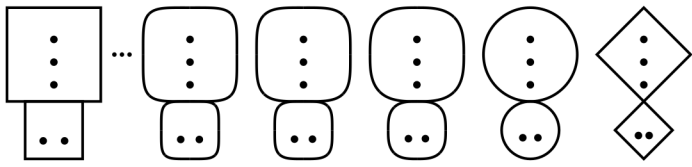
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9. Ivy picked a number, removed a digit, then added her two numbers to get 155667. What was her original number?
 * make by writing digits next to each other, so 13, 1253, and 457 all count.

7. Holly rolled a huge pile of dice and added up all the top faces to get 6136. She realised that the probability of getting 6136 was the same as getting 9999. How many dice did she roll?
 8. How many squares (of any size) are there in a 14x16 grid of squares?

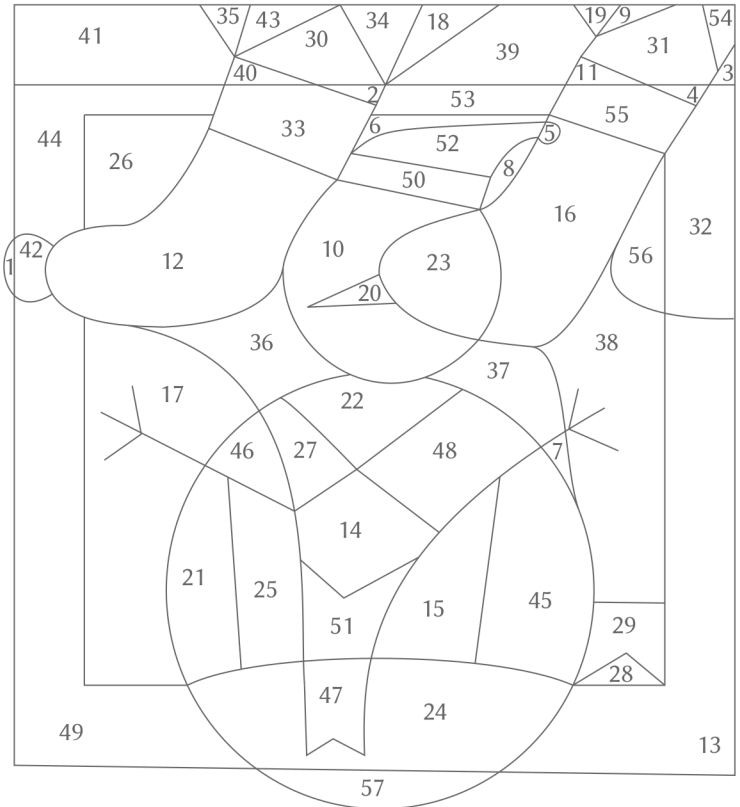
4. There are three cards with integers written on them. The pairs of cards add to 31, 35 and 36. What is the sum of all three cards?
 5. What is the volume of the smallest cuboid that a square-based pyramid with volume 1337 can fit inside?
 6. What is the lowest common multiple of 305 and 671?

3. What is the sum of all the odd numbers between 0 and 130376? she could have reached?
 the four numbers written on it. What is the largest number pages. She then pulled out one piece of paper and added up the stack in half, then writing the numbers 1 to 161200 on the 2. Carol made a book by stacking 40300 pieces of paper, folding 4, 5, and 7 each at most once (and no other digits)?
 1. How many odd numbers can you make* using the digits 1, 2, 3, 4, 5, and 7 each at most once (and no other digits)?

Grey/black (see back of card for hints)
 Puzzles
 20, 13, and 4 red.

1. Solve the puzzles below.
 2. Split each answer into two digit numbers, then colour the regions labelled with each number. For example, if an answer to a question in the red section is 201304, colour the regions labelled 20, 13, and 4 red.

Instructions



Hints

1. How many odd numbers can you make with 1 and 2? And with 1, 2 and 3?
2. What would the answer be if Carol made a book with one piece of paper and pages 1 to 4? What about two pieces and pages 1 to 8?
3. What is the sum of the odd numbers between 0 and 4? Between 0 and 6? Between 0 and 8? What's the pattern?
4. What is 31 + 35 + 36? How might this help you?
5. The volume of a pyramid is (area of base) x (height) / 3.
7. If you roll 2 dice, which totals are equally likely? How about 3 dice? How about 4 dice? What's the pattern?
8. There are 14 squares on a 3x3 grid of squares. How many are there on a 3x4 grid? How about a 3x5 grid?
9. The sum of the two numbers is odd. What does this tell you?

Merry Christmas



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 A magazine for the mathematically curious

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(instructions inside)