



Newsletter

*The Partners and staff
at Greenmoss wish you
a happy Christmas
and healthy new year*



Christmas and new year opening hours

Monday 22 nd December	Open as usual
Tuesday 23 rd December	Open as usual
Wednesday 24 th December	Open as usual
Thursday 25 th December	Closed
Friday 26 th December	Closed

If you are due to collect your prescription on 25th or 26th December, please order week commencing 15th December or otherwise allow an extra couple of days

Patient Newsletter edition 29: December 2025

Monday 29 th December	Open as usual
Tuesday 30 th December	Open as usual
Wednesday 31 st December	Open as usual
Thursday 1 st January	Closed
Friday 2 nd January	Open as usual

Tree of remembrance

Throughout December we have a tree in the Waiting Room if you would like to add a tag in memory of a loved one at this special time of year.

Practice closure dates 2026

The closed dates for 2026 are displayed in the Practice and below. Our next closed afternoon is Tuesday 3rd February 2026. The Practice closes at 1pm and re-opens the following day.

Future dates are:

Wednesday 11th March 2026
Tuesday 21st April 2026
Tuesday 12th May 2026
Wednesday 10th June 2026
Thursday 9th July 2026
Wednesday 9th September 2026
Thursday 8th October 2026
Wednesday 11th November 2026

Triage

A reminder that all requests for medical treatment are triaged by our reception/care navigation team and our Advanced Nurse Practitioner. All requests are triaged on the same day and the patient assigned to the most appropriate clinician – this might not always be a GP.

Stress awareness

Our waiting room display during November has been about stress awareness. Many of you picked up a leaflet on tips to manage stress so we thought it would be useful to include this information in our newsletter too:

Tips on managing stress

Try these practical self-care tips, as they might make a big difference.



Try self-help techniques

Try [self-help CBT techniques](#)



Try positive thinking

Positive thinking can help with stress relief, so take time to think about the good things in your life. Each day, list 3 things you're thankful for, however small.



Talk to someone

Trusted friends, family and colleagues, or contacting a helpline, can help us when we are struggling.



Split up big tasks

You might feel less stressed if you can take practical steps, such as breaking a task down into easier, more manageable chunks. And give yourself credit when you finish a task.



Be more active

Being active regularly can help you to burn off nervous energy, so it could be a way for you to deal with stress. Exercise might also help you manage or reduce stress.



Plan ahead

Planning ahead for upcoming stressful days or events – creating a to-do list, planning your

journey and listing things you need to take – can really help to relieve stress.

Trying these ideas won't make all the stress in your life disappear. But they could make it easier to get through stressful situations.

Identify your triggers

Working out what triggers stress for you can help you anticipate problems. And you can think of ways to solve them. Even if you can't avoid these situations, being prepared can help.

Take some time to reflect on events and feelings that could be contributing to your stress. You could do this on your own or with someone you trust. You could consider:

- Issues that come up regularly and that you worry about, such as paying a bill or attending an appointment
- One-off events that are on your mind a lot, like moving house or taking an exam
- Ongoing stressful events, like being a carer or having problems at work
- Something that you're worried about happening again, such as going back to a place where you had a bad experience

You might be surprised to find out just how much you're coping with at once.

Remember that not having enough work, activities or change in your life can be just as stressful a situation as having too much to deal with.

Organise your time

Adjusting the way you organise your time could help you feel more in control of any

tasks you're facing. And more able to handle pressure.

- Identify your best time of day. Do the important tasks that need the most energy and concentration at that time. For example, you might be a morning person or an evening person.
- Make a list of things you have to do. Arrange them in order of importance, and try to focus on the most urgent first. Some people find creating a timetable useful so they can plan when they can spend time on each task. If your tasks are work related, ask a manager or colleague to help you prioritise. You may be able to push back some tasks until you're feeling less stressed.
- Set smaller, achievable targets. When we feel stressed, it's easy to set ourselves large or unrealistic goals. This might be to try to overcome the situation that's making us feel stressed. But often, this can make us feel more stressed and frustrated, if we don't reach the targets we set. Setting smaller, more achievable goals can help us feel more satisfied and in control.
- Vary your activities. Balance interesting tasks with more mundane ones. And balance stressful tasks with those you find easier or can do more calmly.
- Try not to do too much at once. If you take on too much, you might find it harder to do any individual task well. This could make you feel even more stressed.

- Take breaks and take things slowly. It might be difficult to do this when you're stressed. But it might help you deal with things better and get through a stressful situation.
- Ask someone if they can help. For example, you could ask a friend or family member to help with some of your daily tasks. That will give you more time to spend completing your tasks that are causing you to feel stressed.

Accept the things you can't change

It's not easy but try to accept that there are some things happening to you that you probably can't do anything about. This will help you focus your time and energy more productively.

Look after your wellbeing

Taking care of our wellbeing can help us feel more able to manage stress. Different things will work for different people, but these are some ideas you could try:

- Be kind to yourself. Learning to be kinder to yourself can help with how you feel in different situations. Try to take breaks in your day for things you enjoy. And reward yourself for your achievements, even if they seem small.
- Try to find time to relax. This might feel hard if you can't do anything to stop a situation that's making you stressed. But if you can allow yourself a short break, this can help with how you feel.
- Develop your interests and hobbies. Spending time on things you enjoy could help distract you from a stressful

situation. If stress is making you feel lonely or isolated, shared hobbies can also be a good way to meet new people.

- Spend time in nature. This can help to reduce stress and improve wellbeing. You could try going for a walk in a green space, taking care of indoor plants, or spending time with animals.
- Look after your physical health. Getting enough sleep, staying physically active and eating a balanced diet can make stress easier to manage. Stress can sometimes make these things difficult to look after. But even small changes can make a big difference.