

# Article Links & Blog Posts



- **[Beyond Blue: Coping with Christmas](#)**
- **[Surviving the silly season](#)**
- **[Ways to practise self-care when you have no time](#)**
- **[Beating Christmas stress and anxiety](#)**
- **[12 Practical Tips to Stay Fit at Christmas](#)**
- **[The 11 undisputed rules of Backyard Cricket](#)**

## Local Shire Events

- **[Baw Baw Shire](#)**
- **[Bass Coast Shire](#)**
- **[South Gippsland Shire](#)**



West Gippsland  
Libraries