

Change, Loss and Stress During the Holiday Season



As we head towards the Holiday Season things can get busy, overwhelming and stressful. These feelings can be intensified for those who are dealing with change or loss. Trying to parent, support our children with change and loss, and manage Christmas pressures can seem nearly impossible. Here are some ideas that might help:

Give yourself a break

Have down time when there's no expectations and no scheduled activities. You might like to go for a walk, watch a movie or listen to music using headphones.

Allow yourself to do things differently

Christmas Traditions can be full of expectations. But these expectations can sometimes become painful or distressing. Give yourself permission to change things or to skip them.

Create a specific ritual to acknowledge any change or loss

A specific ritual can allow you and your children a clear way to release some of the distress change or loss can bring without it dominating the season. Some might find it helpful to have a bowl to place wishes or struggles that can then be burned to release the pain of a hard year or light a candle to represent a particular loss.

Allow for fun and laughter

Having fun and laughing is a normal part of being human, even when things are tough.

Reduce costs and access financial and emergency relief when needed

Christmas and school holidays can be expensive.

- *The internet is full of homemade gift ideas which can help cut down on costs and can be a fun activity for kids.*
- *In the lead up to Christmas buy an extra grocery item each week to put away for Christmas.*
- *For extra help at Christmas give Samaritans a call on 4960 7100 or 1300 656 336.*
- *Check out local papers or Lake Macquarie City Council website for free kids' activities.*

Reach out to people you trust

Don't struggle alone. Give someone you trust a call and accept help or give Lifeline a call on 13 11 14.

For more on coping this Holiday Season

- <https://au.reachout.com/articles/coping-with-the-stress-of-christmas>
- www.beyondblue.org.au
- www.goodgrief.org.au