



# Frenzy-Proof this Christmas

***Are you feeling fabulous or frantic? The Christmas, New Year and holiday season can be lots of fun, but it can also be a hectic and stressful time.***

To support your wellbeing and navigate your way through, you might like to try these things...

## ✔ **Vow to relax and enjoy**

It's not going away, so try to embrace this time even if you haven't been a Christmas 'fan' in the past - think about it as a time for fun and focus on the people you love. There's a lot going on so make sure you engage on your terms. Say 'yes' to nice invitations and invite people to join you for a get together however big or small. Say 'no' to things you don't want to do or that cause more stress or expense than enjoyment.

## ✔ **Let go of perfect**

Many of us want Christmas to be absolutely perfect - perfect gifts, perfect outings, perfect decorations and perfect catering. Pulling together the perfect Christmas can be so hectic it can rob us of relaxation and enjoyment with loved ones. Let it go.

## ✔ **Set some limits**

Overindulgence seems to go with the silly season, like eating, drinking, late nights and expenditure. Think about your limits and share your thoughts with those close to you - you might find they too are wanting

simple quality over quantity. Try some different approaches to Christmas - think picnics, hikes, day trips, games, beach, breakfasts, and movies. Try a Khrist Kringle or minimalist approach or drop gift giving all together.

## ✔ **Reach out**

This time of year can be lonely and isolating for some people. Do you know someone who might feel like that? Do you feel like that? If this time gives rise to feelings of loneliness, reach out. Plan some fun activities and invite others along. "Let's catch up before Christmas" is a great excuse to reconnect with people or make new connections.

## ✔ **Avoid the stress**

If you know there is a particular event or person that is a source of stress for you, get in early and think about how you can avoid, manage or make peace with that stress. Family relationships can particularly be a source of extreme stress. This year think about how you can manage or decline stressful activities and have something else planned instead.

✔ **Give and be grateful**

This is a lovely time to reflect on all we have and the joys of our life. We are all blessed with fortune in some form, and it feels good to dwell on this. Also, turning our thoughts to others who have less than ourselves at this time of year can be enlightening and humbling. Right now, there are many opportunities to give to the less fortunate and, if you would like to approach Christmas in a different way, there are many local charities who would be glad to have your assistance and compassion in the lead up and on Christmas Day.



## Mental health alert

This time of year can give rise to significant mental health issues, and domestic stress and violence. COVID has added an extra layer of isolation and separation from loved ones. If you have previously experienced distress, or, are starting to feel anxious, stressed, or depressed, consider reaching out now for professional help, don't wait. Workplaces can help by refreshing or updating communication about support services available and have this prominently displayed and accessible. Consider sharing 1800RESPECT, Lifeline 131 114 and Beyond Blue 1300 224 636 as immediate assistance options.

### Simple ideas to stay healthy

- ✔ Take full days off! Put on your 'out of office' message and give yourself a proper break.
- ✔ Keep up your usual exercise and add in an extra walk on your days off.
- ✔ Be the person who brings the healthy

alternatives – try fresh salsa, vege sticks, fresh fruit salad, light seafood/protein, or vegetable salads. Save the treats for Christmas day.

- ✔ Meet friends for breakfast – you can avoid expense, calories, and alcohol at that time of day.
- ✔ Don't waste time on social media. There is so much activity and you can spend all day replying to posts rather than enjoying those around you.
- ✔ Swap out a few alcoholic drinks with soda water during festivities. Try out new mocktails and some of the nonalcoholic 'spirits' on the market and decorate them beautifully.
- ✔ Work together to avoid travel expenses and mixing alcohol with driving. Plan a sleep over at a friend's place or offer for them to stay with you, share an Uber or have a designated driver.

*Sneak in naps!*

## Did you know..

Kris Kringle comes from the German word Christkindl, meaning Christ child. It

comes from the tradition where German and Austrian children believed that the baby Jesus brought presents during the Christmas season.