



Surviving the Silly Season

LUEMO
WORKPLACE WELLBEING

***Christmas is an amazing time for celebration, fun, good times and relaxation!
It can also be one of the most stressful times of the year!***

Rising levels of stress and anxiety can occur for a range of reasons and sometimes the causes are complex and hard to understand. Family gatherings, work Christmas parties, finances, co-parenting, being separated from loved ones and being alone are some of the most common causes of stress at this time of the year.

The festive season is everywhere, and it can be hard to get away from reminders of the stressors and some people can feel like opting out or hiding away all together. If you feel a bit like that here are some tips to help cope with the silly season.

✔ **It's not going away, so make the most of it.**

Mindfully consider what makes you happy and treat this time of year as time for you. Even if your 'ideal' Christmas is not going to happen, plan to have a good time. There's a lot to enjoy if you go looking for it.

✔ **Be kind to yourself and do it your way.**

Say yes to nice invitations and simply say 'no' to stressful events. Have something else planned and communicate your unavailability well in advance.

✔ **Make a promise to relax and enjoy.**

The pursuit of perfection can rob us of

relaxation and enjoyment. So let go of perfect. Perfect gifts, relationships, outfits, events and catering can cause so much stress so let's not try to make them perfect!

✔ **Set some limits and boundaries.**

If over consumption, expenditure or late nights are a problem, set some limits for yourself! Save treats for Christmas day, mix in some non alcoholic drinks and catch a lift home early with someone who is driving so you don't stay out too late. Talk to your family about limiting gifts and less expenditure – you might find they feel the same way.

✔ **Respect the way other people want to celebrate**

If you have to attend a gathering you don't really like, don't sit out glumly. Get involved you might actually enjoy it!

✔ **Reach out**

Don't be tempted to hide under the doona. That's not good for you. Reach out to others, invite someone to do something with you, or get involved in one of the many charities looking for volunteers at this time of year – its amazing what giving and gratitude does for your soul this time of year!



Have a fab and funky Christmas!

If you want to step up the fight against unnecessary expenditure and consumerism, why not host a Vintage Christmas? There are so many places where you can source funky preloved goods - homewares, jewelry, games and clothing. Encourage your guests to do the same and come dressed head to toe in a 'new' preloved outfit. Top it off with preloved wares as gifts, all in recycled wrap and ribbon, and table place cards made from last year's Christmas cards. Put away the mobile phones and play instruments or pull out the vinyl records. Add in a few fond vintage memories and start conversations about living a simpler life for better mental health.

Our favourite silly season stress management tip...

Want to cut expenditure, drink less alcohol and have less late nights but still catch up with all your old friends...? Why not suggest meeting for breakfast instead of dinner? You can avoid expense, calories, a late night, and alcohol at that time of day.



Kick off 2023... with new energy!

Book your team into the Luemo Glo Program so they can engage in individual coaching to open their minds and develop new energy to keep up with the ever-evolving workplace and world. Call now as places are limited for 2023.