

Managing the Holidays

Sally Munson, RN and Health & Wellness Team Coordinator

The holidays, although filled with family, friends and celebration, can be a stressful time of year under normal circumstances. For those who are alone, have lost a loved one or gone through a recent crisis, it can be emotionally difficult. Here are a few tips to get through the holidays if you are grieving or feeling “blue”:



Acknowledge that the holidays will be different and may be emotional.

Be honest and tell people what you want to do for the holidays and what you don't want to do. Listen to yourself and communicate with friends and/or family what works for you.

Decide which traditions you want to keep and which you want to change. Maybe create a new tradition.

Don't feel guilty about skipping events if you are on overload. At the same time, if you are feeling lonely, reach out to a friend or fellow parishioner. Generally, people want to be of help.

Practice self care whether it be meditation, a walk, a massage; whatever soothes your soul. Try to get plenty of rest, eat healthy and limit alcohol intake.

Remember those you have lost. Sharing memories can often be therapeutic.

Consider volunteering by doing something kind for someone else, such as helping at a soup kitchen, delivering presents to the disadvantaged. It may lift your spirits by helping others.

Seek help if you are struggling. It may be helpful to join a support group or see a counselor or health professional. Don't be afraid to say YES to people who want to help and may offer their support.

St. Augustine of Canterbury prides itself in being a welcoming and caring faith community. If you know of someone who is in need of support, reach out to them. It's the best gift you can give!

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