

Making the Most of the Festive Season



As the festive season commences, we are faced with mixed emotions, excitement, pressure, hope, frustrations and fatigue. Being able to ride this wave requires skill and we are keen to offer a few light tips that will help to give you balance. Everything is good in moderation, so find the level that brings out your best!



Fun

One of the best therapies to access our endorphins is laughter. The Christmas Season has its challenges, but there is usually opportunities to celebrate. Enjoy the Christmas parties and dinners. Know your limits, but relax and unwind. Whether it's an end of year celebration, holidays are due, or down time at work, we can all find a way to look back on a long, busy year and identify a number of things that make us grateful. Aim to identify at least three positive things you've accomplished, and consider what you did to achieve these. Consider too, what you might do differently this Christmas, or over the coming year? These lessons from the past can help us plan for the perfect holiday season.



Connection

Being able to spend time with people we care about including friends, family and work colleagues allows us to feel connected and aware that we are not alone. Looking out for each other, supporting each other and enjoying each other's stories are all benefits that are enhanced during the festive season. Choosing ways to express our love for others can be draining if it involves shopping, however, it is important to remember the reasons why we exchange gifts and matching the gift to the person is more important than a label.



Time

If only there was more of it! Really!?

We don't need more time, just more organisation to manage our time effectively and be able to reflect on priorities. Changing the way we think about time, may allow for us to pace ourselves more evenly. If you can rescript your internal dialogue and think about the tasks that need to be completed in a positive way, for a positive outcome, your emotional state and behaviours will align.



Rest

Schedule in some down time. At this time of year we can find ourselves busier than ever, and it can be hard to find time to recover. To give yourself the best chance of successfully surviving the festive season, it is recommended to spend at least one hour a day resting and having 'me time'. Whether it's listening to music, doing a relaxation activity or going for a walk. The festive season can be about you too!



Health

Look after your body. While mental and emotional preparation are key, it's important to also prepare physically for the festive season. All those parties, BBQs and late nights can take their toll!

While it's ok to splurge a little, eating healthily when you can, exercising regularly and getting a good night's sleep will help you feel better able to tackle the demands of the Christmas period.



Back Up Plan

When things don't go as planned, or there is an unexpected negative experience, it is helpful to have resources or strategies in place to get you through. Whilst time off work can be a treat, for some it can bring some uncomfortable feelings of isolation or anxiety around where to get support. A number of services will be available to offer psychological support, including Assure's EAP.



Want to know more? Assure Programs can offer you and your family confidential support this holiday season. Our services are available 24/7 across the holiday periods. You can reach us on: 1800 808 374.