



**Tips for
Surviving
Christmas
Day**

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For some people, Christmas is a time of joy, connection, and happy memories.

For others, Christmas can be a pretty hard time, *especially* if you have challenging family dynamics.

Here are some tips for how to survive Christmas Day if you're already dreading it.



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BREAKS

take lots of breaks...

As many as you need! Slipping off to the toilet for a cycle of deep breathing, or having a quick walk around the block can do the world of good.



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NOTHING IS PERFECT

try and release the need for a perfect day.

It can be tough when all you see on social media are picture perfect christmases. Remember, *nothing* is perfect. These posts are often curated. People leave out the argument they've had with their grandma over the Brussels sprouts or the disapproving looks from their parent as they go for their third mince pie.

(P.s. you're allowed as many mince pies as you like at Christmas)



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SAY NO

whenever you need to.

Your annoying aunt has asked you to stay longer for a game of Monopoly that you know *always* ends with WW3.

If you're feeling drained, and you can't think of anything worse than a 7 hour board game, you're allowed to politely decline. A simple "It's been a long day and I need to be getting home now but thank you for the offer" will suffice, even if it's said through gritted teeth.



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KEEP YOUR MATES

CLOSE

and keep your coping mechanisms closer.

It's likely that your pals will be aware if you have challenging family dynamics. Reach out to them as you need. A quick vent in a text message or arranging a FaceTime with them can help you offload/give you something to look forward to.



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TRADITIONS

you can start new traditions at any time.

If the current ones you have don't align with your values, or have bad memories associated with them.

Start something new. Fancy swapping out the kings speech for 10 minutes of yoga in the garden? Go for it. Never got to decorate a Gingerbread house? Do it! Just because you're an adult, doesn't mean you can't keep Christmas magic alive in your own way.



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And if it is feeling really bad,
remember, Christmas Day is just 24
hours.

Try and have something planned for
the New Year that you can look
forward to to help you get through
the day.

You've got this!

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