It's Christmas !

Well… it's that time again…

Christmas is one of the times in the year that brings mixed emotions for many people.

- Some people look forward to Christmas and experience a sense of joy and celebration around family gatherings, sharing happy times with friends, singing Christmas carols, buying gifts, gift giving, eating good food and lots of laughter.

- Some get into the Christmas spirit by trimming the tree, cooking the turkey, celebrating the Christmas pageant, having photos with Santa and of course leaving the stocking on the mantlepiece with milk and cookies for Santa and carrots for his reindeers.

- For some the sense of grief and loss over loved ones that have passed away is overwhelming and increases the sense of loneliness and emptiness, which can cause a withdrawal from others and bring an increase in depressive symptoms.

- For others Christmas is a time of financial stress as pressure from financial constraints increases with the frustration of trying to make ends meet, pay the bills, buy gifts, provide additional food, and may present as outbursts of anger and intolerance.

- For others still, thoughts of Christmas and family gatherings creates additional stress knowing unresolved issues and disagreements may surface and create further tension within the family environment.

- Some people experience a sense of rejection or disappointment from unmet expectations and isolate themselves further to protect their heart.

- Yet others still, find a spiritual meaning, attend a church service, or choose to focus on the birth of Jesus as a reason for this season.

Wherever you are, whatever your beliefs, whatever you are feeling… know that you are not alone.

Be safe on the roads, drive with care, be kind to others, love your neighbour and be your best self in the New Year.

Caroline Gaffney
Psychologist
www.insyncforlife.com.au

tint.com.au