

PRACTICING SELF CARE AT EASTER

Practicing self-care during Easter is important amidst the festivities and reflections of the long weekend. Whether it involves taking moments for quiet reflection, indulging mindfully in treats, or simply connecting with loved ones, self-care promotes overall wellbeing.

Here are our top five tips for self-care during Easter long weekends and other holidays:

1. Connect with support networks:

Defence and veteran families often face unique challenges due to deployments, frequent relocations, caring responsibilities and long separations. Use Easter as an opportunity to connect with other defence and veteran families through local support groups, online forums, or community events. Sharing experiences and resources can provide valuable support and a sense of belonging.

2. Create traditions:

Establishing meaningful traditions can help foster a sense of stability and continuity for defence and veteran families, especially during times of transition. Whether it's organising an Easter egg hunt, cooking a special meal together, or attending a religious service as a family, creating your own Easter traditions can strengthen bonds and create lasting memories.

3. Flexible celebrations:

Recognise that defence and veteran family life often involves unpredictable schedules and last-minute changes. Be flexible with your Easter plans and focus on creating simple, low-stress celebrations that can easily adapt to any unexpected circumstances. This might mean celebrating Easter on a different day or finding creative ways to include absent family members through video calls or care packages.

4. Self-care rituals:

Prioritise self-care by incorporating small rituals into your daily routine. Whether it's practicing mindfulness, engaging in physical activity, or setting aside time for hobbies you enjoy, finding moments of relaxation and rejuvenation can help reduce stress and improve overall well-being, particularly during busy periods like Easter.

5. Reach out for support:

Don't hesitate to seek professional support if you or your family members are struggling with the unique challenges of defence and veteran family life. Contact us for help navigating a support network. Remember that asking for help is a sign of strength, not weakness.