



Wellbeing Tips

Holding space for yourself in Christmas



Finding calm in the Christmas noise

Christmas is a season of gatherings, activities and traditions, and while these can be meaningful, they can also feel overwhelming at times. For widows and veteran families, this period may bring a mixture of emotions. Christmas can invite moments of joy and connection, but it can also highlight change, absence or the ongoing impacts of defence life. Whatever this season brings for you, your experiences and feelings are valid.

When the season feels overwhelming, it can help to pause and create small grounding moments throughout your day, they simply offer your mind and body a chance to slow down; a quiet morning before the day begins, sitting in a peaceful corner for a few minutes, or taking steady breaths before entering a gathering can support a sense of calm. These gentle pauses encourage the nervous system to settle and create space for comfort and clarity.

Calm can also be found in familiar routines, like making a warm drink, listening to music, stepping outside for some fresh air or resting in a comfortable spot at home can help you reconnect with yourself. These simple actions can bring steadiness when the season feels rushed or emotionally demanding. For families, creating shared moments can support children and adults to feel more grounded, especially when excitement or change becomes overwhelming.

If Christmas feels different or difficult for you, please know you are not alone. There is no single way to experience this season. By allowing yourself time to pause, breathe and move at a pace that feels right for you, you create room for connection and care. In the middle of the Christmas noise, may you find moments that feel gentle, steady and nurturing for you and your family.



For more wellbeing tips,
join our Facebook group!

www.facebook.com/groups/135205355448813