



Wellbeing Tips

Finding your way back to connection



When connection feels hard

The start of a new year often brings mixed emotions. While there is talk of fresh starts and new routines, this time can also feel overwhelming, especially for families of veterans. After busy holiday periods or long stretches of change, feelings of disconnection can become more noticeable.

Disconnection does not always look dramatic. It may show up as pulling away from others, cancelling plans, or feeling slightly out of step with the world around you. Sometimes it is emotional, such as feeling flat, tired, or unseen. Other times it is social, where attending gatherings or reaching out simply feels harder than it once did.

These experiences are common and understandable, they are not a sign of failure, and they do not mean connection is gone for good. Emotional disconnection is often felt internally, even when others are nearby. Social disconnection can be more visible, as routines shrink or familiar activities fall away. Both can exist at the same time, and both deserve patience and compassion.

At the beginning of a new year, when expectations can feel high and routines are unsettled, these feelings may feel stronger. There can be pressure to be social, to feel motivated, or to start fresh, even when your energy or circumstances have not caught up yet. This is a natural and understandable response to change.

Reconnecting does not need to be big or daunting. Often, it starts small. It could be a quiet coffee with someone you feel comfortable with, attending a social group or class that sparks your interest, or simply showing up for something familiar. Connection can also grow through shared activities such as gentle movement, walking, yoga, pilates, sound bath or a day at the beach.

If reaching out feels difficult right now, you're not alone. Gentle steps, taken in your own time, can help restore a sense of belonging and show that connection can be meaningful in many different ways

familiesofveterans.org.au/project/defence-families-wellbeing-events/



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