




festive season

SURVIVAL KIT

x x x x
x x x x






To help and guide Australians ahead of the holidays, the Festive Season Survival Kit offers practical, psychologist-backed strategies designed to help people set boundaries, manage conflict, and protect their mental wellbeing throughout the holidays.




Disclaimer:

This manual is not a replacement for professional care. If you experience persistent distress, suicidal thoughts, or anything that feels “off,” consult a healthcare professional immediately.

GROUNDING AND HEALTHY HABITS

-  Get outdoors
-  Exercise helps release endorphins that can improve your mood
-  Try stretching or gentle movement in the morning



-  Get off your devices and be present
-  Avoid checking emails or work notifications when you're meant to be resting
-  Avoid gadgets before bed to sleep better

festive season

SURVIVAL KIT

x x x x
x x x x

FAMILY AND BOUNDARIES

- ✿ Be clear and direct about your limits
- ✿ Use calm, neutral language
- ✿ Avoid engaging in power struggles
- ✿ Step away if behaviour escalates
- ✿ Enjoy time with your loved ones



- ✿ Plan schedules early to reduce stress
- ✿ Create new rituals that feel supportive
- ✿ Give yourself permission to step back if needed.

- ✿ Validate the feelings and experiences of LGBTIQ+ family members
- ✿ Offer a safe space to talk or stay
- ✿ Support chosen family connections



- ✿ Identify patterns that make you uncomfortable
- ✿ Redirect or disengage from negative conversations
- ✿ Protect your energy by limiting time or contact

festive season

SURVIVAL KIT

x x x x
x x x x

EMOTIONAL OVERWHELM

- 🌀 Acknowledge mixed emotions
- 🌀 Take space when emotions feel too strong
- 🌀 Let feelings rise and fall naturally



- 🌀 Talk to friends or family
- 🌀 Don't hesitate to seek support if you feel anxious or stressed
- 🌀 Maintain positive social relationships

EXPECTATIONS AND PRESSURE

- 🌀 Notice when you're comparing and refocus on your own needs
- 🌀 Celebrate your own small wins
- 🌀 Remember social media is curated, not real life
- 🌀 Set realistic expectations for yourself



- 🌀 Set a realistic budget and stick to it for gift shopping
- 🌀 Focus on connection, not the price of gifts
- 🌀 Communicate openly about financial limits

festive season

SURVIVAL KIT

x x x x
x x x x

YOUR OWN SPACE AND SELF-CARE

- ✿ Spend time with family but also time for yourself where possible
- ✿ Plan moments of rest before and after social events
- ✿ Allow yourself to say no when you feel overwhelmed
- ✿ Engage in rewarding activities



- ✿ Plan grounding rituals
- ✿ Try a creative hobby
- ✿ Plan rest breaks to manage social fatigue
- ✿ Use noise-cancelling headphones or earplugs if needed
- ✿ Communicate your needs or limits ahead of time

Speak with a psychologist:

Someone.health offers timely, bulk-billed, quality mental health treatment via telehealth across Australia.

Book an appointment:

www.someone.health