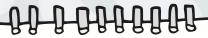


### SURVIVAL KIT



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



- S 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



#### **FAMILY AND BOUNDARIES**

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





- Plan schedules early to reduce stress
- Screate new rituals that feel supportive
- Sive yourself permission to step back if needed.
- Validate the feelings and experiences of LGBTIQA+ 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



#### **EMOTIONAL OVERWHELM**

- Acknowledge mixed emotions
- Take space when emotions feel too strong
- \$\footnote{\sigma} \text{ 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
- S 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
- S Communicate openly about financial limits

# festive season

#### 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
- S Engage in rewarding activities





- S 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