

# Coping with Christmas During Coronavirus

## Difficult Feelings: Many of us find Christmas difficult

It may be that you usually enjoy the festive period, but you're worried about how coronavirus will affect things. Perhaps you have family members who have different

views on guidelines, risk and how things should be managed. It's been a tough year for most of us, perhaps you're already at a low ebb and feel overwhelmed.

*"Christmas can be a tricky time. There seems to be an assumption we all want a big Christmas with family."*

### Grieving for Loved Ones

This year might feel even harder if you haven't been able to grieve properly or receive the right support because of coronavirus. You may even have missed saying goodbye to people who died. Cruse Bereavement's page has some tips on helping you cope: [www.cruse.org.uk](http://www.cruse.org.uk)

### Grief or Disappointment for Lost Experiences

You may have missed out on certain experiences because of coronavirus. These lost experiences can cause sadness, disappointment, even feelings of grief. Not being able to have your usual Christmas may feel like another loss.

*"We are all different. For some, a small Christmas might be a blessing."*

### Pressure & Expectations

Even under normal circumstances, Christmas can feel high-pressure. You may feel pressure if people around you have different priorities. Perhaps your friends or family may have different views about following health or travel guidelines. *"We have two families we need to see but can't... that's a drama"*

### Wishing You Could Skip Christmas

You may wish you could skip Christmas altogether. This may be because of coronavirus, other events or simply because you feel overwhelmed. You may also feel guilty or ashamed if you choose not to see family or friends.

### Stress & Money Worries

For many of us, money may also feel tighter than usual this year. This might be because of redundancy, uncertainty or worries about how the pandemic may affect our income. This may be harder if we also feel pressure to spend more, e.g. to give the children something to look forward to.

If you are experiencing any of these feelings, it's okay to feel this way.

### HELP AND SUPPORT IS OUT THERE

If you are struggling with your mental wellbeing; talking helps.

#### Helplines:

- Samaritans (24hrs): 116 123
- Breathing Space (Mon – Thurs 6pm – 2am, Fri 6pm – Mon 6am): 0800 83 85 87
- NHS 24 (out of hours): 111
- Childline (for Children/Young People): 0800 111
- Hopeline UK (For Young People): 0800 068 4141

#### Tips on looking after your mental health and wellbeing:

- <https://clearyourhead.scot>
- <https://nhsinform.scot>
- [www.lanarkshiremindmatters.scot.nhs.uk](http://www.lanarkshiremindmatters.scot.nhs.uk)
- <https://elament.org.uk>