

Managing festive occasions



Festive times of the year can bring lots of different feelings. Some people feel joy and connection. Others feel tired, stressed, or sad. Many feel a mix of both. There is no right or wrong way to feel.

A few questions to ask yourself:

- What is most important to me?
- What plans can I make so I stay physically and emotionally well?
- What brings me peace or joy?

Helpful hints and tips:

- **Prioritise what matters most.** Choose events, people or traditions you enjoy
- **Set realistic expectations** and communicate these honestly
- **Choose who you** most want to spend time with
- **Ask for help.** Let others bring food, organise or host
- **Simplify traditions** to reduce stress, fatigue and cost, e.g. Secret Santa, bring-a-plate, smaller gatherings
- **Avoid known triggers.** The festive season is not the best time to have difficult conversations. Focus on connection, not perfection
- **Look after yourself.** Keep routine, limit late nights, plan quiet time or low energy activities
- **Find meaning** in small things



Resources

Click on each resource to follow the link

[Managing the holiday season: advice from our blood cancer community](#)
Leukaemia Foundation

[10 Practical tips to reduce holiday stress](#)
Way Ahead

[Christmas with cancer](#)
Rare Cancers Australia

