COUNSELLING & Well Being

CHRISTMAS IS A SEASON TO BE JOLLY?

Christmas for many is the most expensive time of the year which causes stress and anxiety even when financial times are good. With the ongoing global credit crunch the expectations and pressures leading up to the festive season can be difficult to manage.

In addition to this, Christmas can be a sad time when thoughts and feelings that have been stored away throughout the year are triggered. With such emphasis on families and home, this can highlight losses in life. It may be the death of a loved one or having lost a relationship through divorce or separation. Christmas tends to be a nostalgic time, a time for reflection and realisation of what have been the highs and lows to date.

In terms of health some people spend weeks worrying about Christmas and research has shown that more people are more likely to be susceptible to illness.

Planning ahead whilst sounding obvious helps minimise pressure - not just the shopping, finances and cooking but the stress as well. Keeping a check on self expectation can also be useful, striving for perfection is not necessary or realistic and being able to delegate can all help to alleviate stress levels.

By recognising stress and talking about it with close friends or a counsellor this can help put concerns into perspective and encourage the likelihood of a more enjoyable and relaxed time over the Festive Season.

If the whole prospect of Christmas or indeed life in general seems overwhelming counselling offers the opportunity to talk about thoughts and feelings in a confidential and non judgemental therapy setting. As a professional counsellor I offer a comfortable environment in which to be able to freely discuss concerns or issues that may be causing problems in your day to day living.

For further information on Space2Be Counselling
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