



Media release

**For immediate issue
December 18 2009**

Top Tips to Survive Christmas

Christmas is a stressful time as all the expectations of ourselves and our family come into focus for one day. Our family and our life may not be exactly what we dream about, but we can manage the expectations and focus on enjoying the season anyway. The key is to prioritise your relationships with the people you care about.

The top tips to survive and thrive this Christmas season include:

- Have realistic expectations of yourself and of others – try not to expect people to be what they are not
- Don't get overloaded by a Christmas visitation schedule - prioritise and know that less is more
- Limit your intake of alcohol – behaviour can get out of hand
- Find even a small amount of time everyday to just “chill out and relax”
- Try to work together as a team, more hands make light work
- If you are alone, make a plan to do something you enjoy or get together with friends
- Budget well and plan ahead
- Show appreciation to those who have helped out on the day.
- Don't try to do it all on Christmas Day - spread your visits out over a few days

And finally don't try to resolve year long hurts or disagreements on Christmas Day – use the next 364 days to sort out relationship issues.

Relationships Australia (SA) provides counselling and relationship education for individuals, couples and families. For more information call 1300 364 277.

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