



Struggling at Christmas: Dealing with Loss

Christmas is a holiday that sees people gathering together to celebrate the festive season. At Christmas we are expected to spend time with the ones we love the most, but what about the times when our experiences don't match up with what we see of other's celebrations?

There are many reasons why you might not be feeling the Christmas spirit this year: it could be ongoing worries about Covid, struggles with loneliness, social anxiety, family difficulties or dealing with the loss of a loved one.

These issues can be particularly hard to talk about this time of year, as it may feel like everyone would rather try and enjoy the festivities than listen to someone's problems. This is why it's so important to know you're not alone in any hard times you're experiencing.

If you ever feel you don't know who to talk to over the festive season, Kooth is open on Christmas Eve, Christmas Day and Boxing Day with our team of counsellors available for you to talk to. Sometimes it can help just to know you're not alone in what you're feeling!

Everyone's family is different, and sometimes the biggest struggle with family isn't to do with the problems you face with the family around you, but with the loss of a family member you love.

Dealing with Loss

For many, family can either make or break Christmas. Sometimes there is one member in particular, whether it's a parent, sibling or grandparent, that can make the festive season extra special.

If that special person is no longer with us, this can make the thought of Christmas much harder to handle. These feelings don't only apply to family. It could be a close friend, a partner or anyone who has mattered to you in some way over your life.

Check out Kooth today at www.kooth.com





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There is no easy fix for the grief you may feel on these special occasions. The memories of past holidays spent together will always be there.

While this can act as a sad reminder for what is missing this year, it can also be used as a way to share with the people around you how you feel, and to process those emotions together. No amount of time will ever change the love felt for that person.

On occasions like Christmas, the best anyone can really do is continue to carry the memory of that person with them, and take as long as needed to process their bereavement throughout the holiday period.

To read more about grief and ways to deal with it, check out our Kooth magazine at www.kooth.com.

When faced with the expectation to be social and happy at Christmas, it's so important to know it's ok to not always feel this way. It's vital for a person's wellbeing to acknowledge any emotions they're going through, even if they seem negative and against the holiday spirit to others.

Refusing to repress difficult emotions like sadness and grief is the first step to a more meaningful Christmas period.

Why not let us know at Kooth if you can relate to any of the struggles talked about throughout our **Struggling at Christmas** series. By reaching out and sharing, you may help each other see that you're not alone in how you feel this Christmas.

You can visit Kooth anytime at www.kooth.com.

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