



PalliativeCare
AUSTRALIA

Media Release

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Coping with grief in the festive season

Coping with grief during the holiday season can be difficult, with the absence of a loved one highlighted by the tradition of families coming together to celebrate, says Palliative Care Australia CEO Liz Callaghan.

“PCA has developed a list of seven tips for managing grief during the holiday season, offering strategies for coping with heightened feelings of loss during this period.

“Whether it’s the first time putting up the Christmas tree without your mother there or being reminded of the last time you all went shopping together for gifts, this time of year can be a trigger for grief and feelings of loneliness and loss.

“There are a number of tips, developed through interviews with psychologists, grief counsellors and social workers that can help people manage the festive season while still dealing with their grief,” Ms Callaghan said.

She said trying to remain upbeat for the benefit of others can be draining and people need to recognise when they need time to themselves.

“It’s important to only do what you can, and feel confident to miss events if you are not ready to face them. With so many celebrations and opportunities to meet up with friends and colleagues the pressure to be ‘happy’ all the time can be too much for people who may need some space.

“The list also encourages Australians to actively remember their loved ones, through a song or sharing memories. They say ‘the life of the dead is in the memory of the living’* so recalling those closest to us through small acts can help.”

The seven tips for managing grief provides practical advice for self-care and strategies for dealing with grief.

“Grief is normal and also experienced differently by each individual. However, if grief is stopping you from performing routine daily functions, it might be useful to seek professional help,” Ms Callaghan said.

Link to the list: http://palliativecare.org.au/wp-content/uploads/2015/09/20151210_Tips-for-Managing-Grief-During-the-holidays_final.pdf

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