



TOBIN BROTHERS FUNERALS

Celebrating Lives SINCE 1934



Coping at Christmas

Some suggestions to help you during this season



Some Suggestions for *Coping at Christmas*

Keep Christmas Simple.

Pick your four favourite things about Christmas and do those.

Anything else try to delegate, delete or do different.

How to avoid going out to the shops:

- Have food delivered: order online or join a food delivery service.
- Organise a pot luck, where everyone brings a plate.
- If you feel overwhelmed ask a friend/s to drop off a meal.
- Eat out or order in.
- Shop for Christmas gifts online.
- Buy gift vouchers.

Having help at home:

- If you can afford to do so, engage the services of a cleaner or gardener on a part time or regular basis.
- Just do the basics.
- Ask others for help.

Changing Christmas expectations:

- Send one email to everyone instead of cards.
- Decorate to match how you feel: No decorations, one candle, or the whole lot – it's all okay.
- Go away somewhere different.
- Keep everything the same.
- Spend the day in nature.

Creating new rituals for Christmas:

- Light a memorial candle.
- Plant a tree or bush or flower.
- Place a favourite flower or object on the table as a centrepiece.
- Observe a time of reflection or silence or prayer.
- Go to the cemetery or significant place.
- Play a special piece of music or watch a favourite show.

Not everyone will want to do the same things.

*Try to make space to honour all ways of celebrating your loved one
and Christmas at the same time.*

***“Sharing tales of those we’ve lost
is how we keep from really losing them.”***

- Mitch Albom

You may wish to:

- Hang special mementoes on the tree, or display them on a table.
 - Create a special piece of art or photo tribute.
 - Purchase a gift to give to someone in need or a charity organisation.
 - Prepare a special Christmas card in which people can write memory statements.
 - Have a memory box or book to spend time with alone or with others on the day.
 - Write a journal or notebook.
 - Write a poem or story or letter.
 - Play music.
 - Have everyone share one way the person contributed to the quality of their life.
 - Tell a favourite story about the person, at the meal table or at another suitable time.
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- If you can, plan ahead then let others know what you have arranged.
 - When you feel tired and drained take a break: give yourself permission to sit down or sit back.
 - You may prefer to go away to somewhere quiet, or miss Christmas at home all together.
 - Remember that sadness and happiness don’t cancel each other out and can live along side one another.

My plan for Christmas and what might help me:

FURTHER SUPPORT

BEREAVEMENT AND GRIEF SUPPORT SERVICES

Australian Centre for Grief and Bereavement – www.grief.org.au | 1300 664 786

Compassionate friends – www.compassionatefriendsvictoria.org.au | (03) 9888 4944 or 1800 641 091

Mercy Western Grief Services – (03) 9364 9838

Road Trauma Support Team – 1300 367 797

Sid and Kids Victoria – 1800 240 400

Victims Support Agency – 1800 819 817

Lifeline – 13 11 14

Griefline – (03) 9935 7400

Mensline – 1300 78 99 78

Kids Helpline – 1800 55 1800

Reach Out – www.reachout.com.au (for adolescents)

Amber Community: Road Trauma Support Team – 1300 367 797

Gather My Crew – www.gathermycrew.org.au

INDIVIDUAL SUPPORT

General Practitioner

Grief Counselling

Art Therapy

Traditional Chinese Medicine

Hypnotherapy

Emotional Freedom Technique

Kinesiology

E.M.D.R.

Mindfulness Meditation

Yoga

Abbey
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Frances Tobin
FUNERALS BY WOMEN

Peter Tobin
FUNERALS

INCORPORATING HERBERT KING FUNERALS, HOWARD SQUIRES FUNERALS, JAMES FERRIS FUNERALS

For 24 Hour Service & Enquiries please telephone
our Funeral Advice Line: **13 19 34**

www.tobinbrothers.com.au

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