

Tips for Surviving Christmas

Everyone of course has different situations, stressors and coping strategies, but I wanted to share some tips I have gathered for myself for surviving Christmas , which is often stressful (whether you have DID or not!)

- Remember it is only a few days, and however stressful, normal life will resume before too long
- Try to identify in advance what the most difficult moments might be and potential triggers, and prepare for them with your therapist or supporter. Think about what you might be able to do to avoid these situations, or how you might deal with them if they do arise.
- Try and keep your expectations low, and remember that family and group situations are often complex, and it is not personal
- Remember you are allowed to take care of yourself, and give yourself permission to do what you may need to stay stable, whether this means having time out or going home early.
- Write a letter to your therapist about the day and take a walk to post it. I find this helps to know that someone outside of the situation is holding it.
- Resource yourself : buy something small for yourself as a treat, make sure you have nice food in the fridge, buy a small bottle of bubble bath or scented candle from some relaxing time at the end of the day.
- I buy a few of my little alters small gifts and they are allowed to go off quietly and open them when they need time out.
- Enjoy the good bits. Whether it be a funny cracker joke, nice lunch, time with a favourite relative, or a meaningful gift.
- Remind yourself about the people in your life who love you. It may help to have a list with you.
- Make sure you have support in place when you are able to. Know when your next therapy session is or contact with your therapist will be. Make plans with a friend.

Hopefully, have some fun and nice time too