



# Tips for coping over Christmas.

- It is important to be flexible about the way you celebrate Christmas as it can create stress for yourself and others by trying to maintain traditions that aren't practical during this time of your life. Let go of trying to have the perfect Christmas.
- Don't have the stamina to do all the shopping? Try asking someone to do it for you or shop online. Consider buying your groceries online and have them delivered.
- Tell your loved ones how you are feeling rather than pretending to be strong. That way they can show their support by caring and assisting. This will help you all feel closer during this special time of year.
- If this is your first Christmas without a loved one it can be very difficult. The first year after a loved one passing away is very difficult as you are faced with many significant events without them for the first time. Be kind and gentle with yourself and share with others about how you are feeling.
- Christmas is often a stressful time especially if you or a loved one is living with cancer. Give yourself and your loved ones permission to get through Christmas the best way you can.
- Good planning can help reduce anxiety. Plan ahead and know who to contact if you have a problem. Make sure you have enough prescription medicine for this time.
- This Christmas does not signify how the rest of your Christmases will be. Practice self care and recognise this is just how things are at this time.

# 13 11 20

## Cancer Information and Support Line Christmas opening hours



Over the 2021 Christmas break, calls to our 13 11 20 Information and Support Line will be available in Western Australia on:

<b>Friday 24 December</b>	<b>9.00am - 2.00pm</b>
<b>Monday 27 December</b>	<b>CLOSED</b>
<b>Tuesday 28 December</b>	<b>CLOSED</b>
<b>Wednesday 29 December</b>	<b>9.00am - 2.00pm</b>
<b>Thursday 30 December</b>	<b>9.00am - 2.00pm</b>
<b>Friday 31 December</b>	<b>9.00am - 2.00pm</b>
<b>Monday 3 January</b>	<b>CLOSED</b>

### **For 24 hour support available outside of these hours please contact:**

- Lifeline 13 11 14
- Healthdirect 1800 022 222
- Crisis Care 9223 1111
- Samaritans 9381 5555

**We're your compass through cancer,  
call our cancer nurses on 13 11 20.**

