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Mental Health Council of Tasmania Media Release

## Navigating Mental Health Challenges During the Holiday Season

With the holiday season fast approaching, the Mental Health Council of Tasmania is raising awareness of the increased mental health challenges many people face at this time of year, encouraging Tasmanians to prioritise compassion, support, and connection.

Connie Digolis, MHCT CEO, said that there were a range of factors that made the holiday season challenging for many people.

"The holiday period is an emotionally complex time that can amplify existing mental health struggles, and sometimes raise new ones. While these weeks are often portrayed as a time of joy and celebration, for many, they can be a period of intense personal challenge, isolation, and emotional distress."

Factors that exacerbate mental health issues during the holiday season include:

1. **Financial Strain:** The economic pressure of gift-giving, travel, and increased expenses can create significant anxiety and stress, particularly for individuals and families already experiencing financial hardship.
2. **Family Dynamics:** Complicated family relationships, unresolved conflicts, and the expectation of perfect family gatherings can trigger emotional overwhelm and heightened psychological tension.
3. **Grief and Loss:** The holiday season can intensify feelings of grief for those who have lost loved ones, making memories and traditions particularly painful.
4. **Social Isolation:** Contrary to the perception of constant social interaction, many individuals experience increased loneliness during this period, especially elderly people, those living alone, or individuals without strong support networks.

Ms Digolis emphasised that even small actions can have a huge impact for someone who is finding the period challenging, "We can all play a role in supporting mental health across our community during the holidays. Small acts of kindness, genuine connection, and compassion can make a huge difference for those struggling."

Even something as simple as checking in with friends, family, or community members who might be vulnerable or isolated, can make a world of difference

"Mental health is a shared responsibility. Our community's strength lies in our collective compassion and willingness to support one another."

Ms Digolis also encouraged people to practice self-care, by setting boundaries, maintaining realistic expectations, and prioritising the things that positively benefit their mental health and wellbeing.

Visit [www.takeaminute.com.au](http://www.takeaminute.com.au) for tips on how to stay on top of and boost your mental health and wellbeing.

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