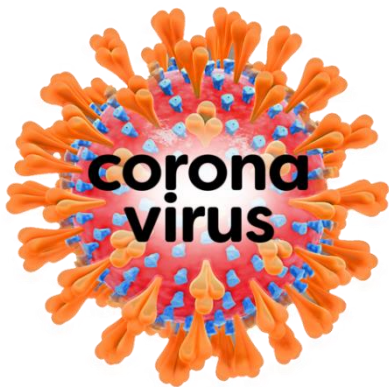


# Difficult feelings about Christmas during coronavirus

## Easy Read information



Many people will find Christmas difficult this year because of the coronavirus pandemic.



You might usually enjoy Christmas, but you could be worried about how coronavirus will affect things.



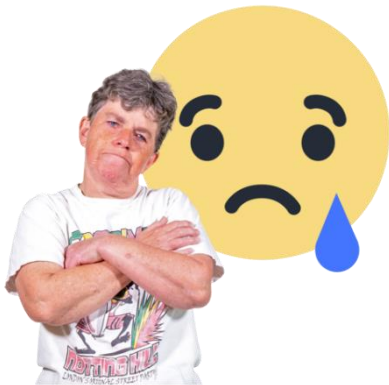
Or you might find Christmas difficult most years.



You might have difficult feelings this Christmas. It is ok to feel this way.



## 1. Feeling sad that someone has died



When someone dies, you may have lots of different feelings. This is called **grief**.



Christmas can be difficult if someone has died.



It can feel hard if they died recently, or a long time ago.



This year might feel even harder if you didn't get a chance to say goodbye to someone who died.



You might have missed going to their funeral because of coronavirus.



Or you might not be able to see people who would help you feel better.



You can remember happy memories at Christmas, like remembering a person's favourite Christmas song or TV programme.



But it can also make you feel sad or upset if you miss them.



## 2. Missing out on things



You may have missed out on doing things this year because of coronavirus.



You might have had to miss a holiday or a wedding.



This could make you feel sad.



Your Christmas may have to be different this year, and this could make you feel you are missing out again.



You may not be able to see people you would like to see, or go to places you normally go.



New Year could also be hard if it makes you think about what you have missed doing this year.



### 3. Feeling pressure to do things



You might feel pressure if people around you have different ideas about what do this Christmas.



Your friends or family may have different ideas about how to follow the rules.



This may be stressful or upsetting for you.

## 4. Stress and money worries



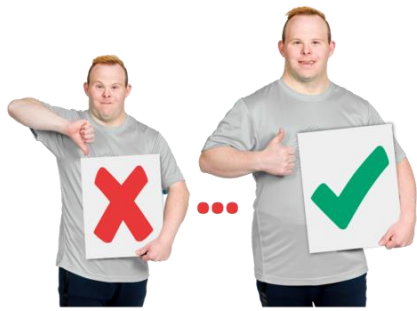
The rules have changed a lot this year. This can be stressful and tiring.



Many people are also worried about money this year.



You might have lost your job, or know people who have lost their jobs. This can make things really hard.



It is okay if you have difficult feelings.

There are lots of things you can do to feel better.



Here are some ideas that may help you cope better during Christmas this year.



## 5. Make a plan for your Christmas



You could make a plan for how you would like to spend Christmas this year.





This could include:

- when you want Christmas to start and finish in your house
- what to watch on TV, or look at on your phone
- if you will put up decorations or send cards, and when



## 6. Christmas-friendly activities



Here are some Christmas-friendly activities that you could try.



Some of these ideas may work for you, but not others.

Don't do anything that feels uncomfortable.



Enjoy nature.



If you cannot get outside there are things you can do indoors.



You could watch a TV programme about winter.



Or you could find a live stream from a zoo's website of some penguins or polar bears.



Get active.

You could go for a walk to see if there are any Christmas lights or window displays near you.



Keep in touch with people.



You could try sending a letter to someone, and asking them to write back.



Learn something new.

Try to learn a new recipe or craft.

## 6. Christmas traditions



A Christmas tradition is something you always do this time of year.



It will probably be something you do with your family, friends or people you work with each Christmas.



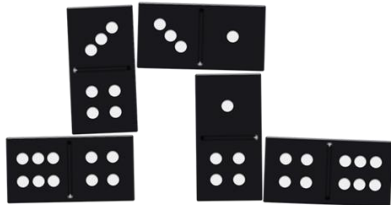
For example, you might always open your presents at the same time on Christmas morning.



If you have Christmas traditions that you enjoy, you may still be able to do them if you change them a bit.



For example, instead of going to a Christmas carol concert, you could watch one on TV and join in at home.



You could also start new traditions.

For example, you could learn to play a new game.



If there are traditions that you can't do this Christmas, you might want to wait until next year to do them instead.



Remember, we all have different worries or feelings about what is happening right now.



This is okay.



If you need some help you could speak to:



**Mind:**

Telephone: 0300 123 3393

Email: [info@mind.org.uk](mailto:info@mind.org.uk)



**Samaritans:**

Telephone: 116 123

Email: [jo@samaritans.org](mailto:jo@samaritans.org)



## **Mencap:**

For England:

Telephone: 0808 808 1111

Email: [helpline@mencap.org.uk](mailto:helpline@mencap.org.uk)



For Wales:

Telephone: 0808 8000 300

Email: [helpline.wales@mencap.org.uk](mailto:helpline.wales@mencap.org.uk)



For Northern Ireland:

Telephone: 0808 808 1111

Email: [helpline.ni@mencap.org.uk](mailto:helpline.ni@mencap.org.uk)



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