



EMPLOYEE SERIES

Tips for when you are working away

How to cope with being away from family over the holiday period

Loneliness is a feeling that a person can experience when their social interactions are not how they would like (Australian Psychology Society, 2020). This can be experienced by people working away from their loved ones during the holiday period. Below are some tips to help those who are not with their family and friends during this holiday period.

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Use technology to keep connected. Even though you may not be able to be physically together on Christmas Day, why not have a “virtual” Christmas dinner or lunch with loved ones. This way you will still feel part of the celebrations.
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Keep in mind the importance of your work. Make sure that you remind yourself why you are doing the work that you do and what the bigger picture looks like.
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Connecting with colleagues. This time could be a great opportunity to get to know your workmates better by spending time with them after your shift. Your workmates also will have a better understanding of what you are going through with their own experience of being away from home.
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Be kind to yourself. Don't forget about yourself during this time. You could plan a special gift for yourself, a future holiday or even just enjoy a tasty treat while you are away at work.
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Try to incorporate holiday traditions. If “Secret Santa” is part of your holiday celebration make sure you keep this tradition alive this year by still being part of this activity- you could send your gift in the post. You can also watch your loved one open it on Facetime!
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Reach out and talk. Remember that the people you are missing are also missing you. Now is the best time to reach out and talk to family and friends to tell them what they mean to you and why you love having them in your life and how you are looking forward to seeing them when you get home.
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Engage in gratitude taking. Although this may seem like a challenging time for you, don't forget about other people that are also struggling during this time and practicing saying 5 things to yourself that you are grateful for.
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Keep your loved ones in your heart. Don't forget about your loved ones during this time. Although you can't be together, think about what they mean to you and the time that you will spend with them in the future.

Reference - Psychology Today - <https://www.psychologytoday.com/au/blog/handy-hints-humans/201612/top-tips-festive-season-survival>

Australian Psychology Society - <https://www.psychology.org.au/for-the-public/Psychology-topics/Loneliness>

If you would like to book an appointment and /or speak with one of our Counsellors, it's as easy as calling 1300 66 77 00 or New Zealand 0800 327 669 or visit our website www.accesswellbeingservices.com.au