

Take a Moment: Navigating December

A person-centred guide
for moving through the season in your own way

First, Some Permission Slips

December doesn't require you to feel a certain way. You have permission to:

- ☐ Feel however you're feeling - joy, grief, stress, numbness, or all of the above
- ☐ Skip traditions that don't serve you anymore
- ☐ Say "no" without lengthy explanations
- ☐ Have a quiet, simple December
- ☐ Ask for help when you need it
- ☐ Change your mind about plans

Daily Anchor Practices

Choose one or two that feel supportive. You don't need to do them all.

Morning Check-In (2 minutes)

- ☐ Hand on heart, three slow breaths
- ☐ Ask: "What do I need today?" (listen gently)
- ☐ Set a kind intention: "Today I'll be gentle with myself when..."

Midday Reset (1 minute)

- ☐ 5-4-3-2-1 grounding: 5 things you see, 4 you touch, 3 you hear, 2 you smell, 1 you taste
- ☐ Or simply: feet on the floor, hands resting, three slow breaths

Evening Release (3 minutes)

- ☐ Write down: What was hard? What helped? What can I let go of?
- ☐ No need to fix — just notice

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When Overwhelm Shows Up

Notice the signs: racing thoughts, tight chest, irritability, numbness, wanting to hide.

Then try:

- ☐ Name it: "I'm overwhelmed right now"
- ☐ Pause for five minutes — permission granted
- ☐ Cool water on wrists or face
- ☐ Text someone you trust: "Having a hard moment"
- ☐ Move your body for two minutes — shake, stretch, walk

Reframing December Struggles

Instead of: "I should be happier/more grateful/more festive"

Try: "My feelings are valid information, not failures."

Instead of: "Everyone else seems fine"

Try: "I'm only seeing highlights, not the whole story."

Instead of: "I have to attend/do/buy..."

Try: "What truly aligns with my values and capacity right now?"

Instead of: "I'm falling apart"

Try: "I'm having a human response to real stress."

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Your Energy Budget

December often asks more than we have. Be intentional.

This week, I'll protect my energy by:

- ☐ Saying no to: _____
- ☐ Asking for help with: _____
- ☐ Scheduling rest on: _____

This week, I'll spend energy on what matters:

- ☐ _____
- ☐ _____
- ☐ _____

Moments of Joy & Kindness to Self

Sometimes the smallest things can steady us. Noticing joy and offering kindness to yourself can help you move through December with more ease.

Take a moment to:

- ☐ Notice one small joy today — a warm drink, a laugh, a quiet pause, music you love
- ☐ Speak to yourself as kindly as you would to a friend
- ☐ Allow yourself to rest without guilt
- ☐ Celebrate even the smallest wins
- ☐ Remind yourself: I am enough, just as I am

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When Grief or Loneliness Arrives

December can stir loss — of people, of past versions of yourself, of hopes.

Gentle reminders:

- ☐ Grief isn't something to "get over" — it's love with nowhere to go
- ☐ Sadness and peace can sit side by side
- ☐ Loneliness in a crowd is real and valid
- ☐ New rituals can honour your truth now

One thing to try:

- ☐ Light a candle for who/what you're missing
- ☐ Write: "What I wish you knew..."
- ☐ Do something they loved, or you loved together
- ☐ Say aloud: "This is hard, and I'm doing my best"

December Mantras

Choose one (or create your own) to return to:

- ☐ "I'm doing my best with what I have today."
- ☐ "My pace is enough."
- ☐ "I can feel this and still be okay."
- ☐ "One moment at a time."
- ☐ "What I need matters."
- ☐ _____

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Gentle Reminder: Support Is Available

If this season feels especially heavy, please remember there are helplines available 24/7. Reaching out for support is a sign of strength, and you deserve care.

Emergency: Triple Zero (000)

Mental Health Helpline: 1800 332 388 (24/7)

Lifeline: 13 11 14 (call) or text 0477 13 11 14

Suicide Call Back Service: 1300 659 467

Beyond Blue: 1300 22 4636

Family Violence Support: 1800 608 122

13 YARN: 13 92 76 (Aboriginal & Torres Strait Islander support)

You can also find a full list of helplines on my website:

www.takeamomentcounselling.com.au

For ongoing support please visit www.takeamomentcounselling.com.au

Remember

December is just a month. You don't need to perform, be perfect, or prove anything. However you move through it is exactly right for you.

You are worthy of kindness, rest, and support — especially from yourself.