

# TREATING EASTER BLUES



SOME CAN FEEL PARTICULARLY LONELY DURING THE HOLIDAYS. WHILE EVERYONE IS AWAY WITH PARTNERS OR FAMILY, HOW DO YOU KEEP YOUR MIND AT EASE?



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**E**aster can be a tough time. It's a holiday period that often provides days off, but with fewer activities than what is organised and available at Christmas. Some of you may even be required to work right through.

Colleagues and acquaintances may have gone travelling on enviable exotic holidays, or are busy with their families. Single parents whose children are off with former spouses can feel emptiness. The loss of a partner may feel particularly acute, and as the weather becomes cooler, it may that bit harder to be

motivated to go out.

In an increasingly individualistic society, it can be relaxing and positive to have real downtime in a world filled with constant contact through smartphones, email and social media. But it can also lead to feelings of loneliness.

Some find themselves in difficult family situations during the extended holiday time. There is an emphasis on family, friends and chocolate gifts on TV that may simply reinforce what we might be missing.

Loneliness is a real problem and we need to be aware of it, so here are some strategies to help if you are not coping.

Firstly, be your best company and don't be ashamed to be alone to enjoy something indulgent that you wouldn't normally experience on your own.

Work out what the major trigger for your loneliness is during this holiday time. Do you suffer from social anxiety or grief over the loss of expectations?

Symptoms of depression can be excruciating, but also a forced time of

personal growth. Use your solitude for learning from inspiring biographical, spiritual or personal development books. Why not vigorously clean the house while listening to thought leaders on podcasts? Two great outcomes there – a sparkling orderly house and new knowledge.

Respond to last-minute calls for help such as those from volunteer organisations that help the elderly, homeless or animals.

Show genuine interest in others at the store, the beach or the gym to overlook your own sadness.

Meet your needs by helping others in the smallest ways. Visit people you don't know, step out of your comfort zone and deliver chocolates to a home for the elderly or hospital – just call and arrange it first.

Avoid overindulging which is sure to result in heightening your dissatisfaction. Alcohol will only fuel mood instability and affect your quality of sleep.

Reduce your exposure to the perceived amazing lives of others on social media as that's guaranteed to make you feel worse.

Exercise is not only good for you, but who knows who you might meet playing sport, out walking at Buderim Falls or running along the esplanade.

The significance of Easter can be an uplifting experience amongst a church community, so it's a great time to join in and connect.

Call someone and say hello. It can make a real difference.

Do you fear being vulnerable, rejected or judged? Some of the most successful and prolific contributors to history were rejected countless times and rose to incredible heights. Jesus and The Beatles are just two of them.

Tune in to Salt 106.5 each Friday for my fun chat with Kristian on The Morning Wake-up show.

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