



Seasonal Top Tips

Expectations!

Consider the challenge for your FND. Ask, "Is it necessary or desirable for me to be in this situation?" Explore alternative approaches, moving beyond tradition.

Pace and rest

Sometimes our need for connection outweighs our physical limitations - that's okay! Remember the guidance in overwhelm of 1:2, 1 unit activity: 2 units rest.

Bright, flashing lights.

Ideally avoid or take yourself away from them. Where that's not possible, consider a pair of glasses that can filter out blue light to reduce the intensity.

Noise sensitivity

Consider using earplugs or headphones (with or without music) or some warm ear muffs to take down the decibel level. Keeps your ears warmer too!

Social overwhelm

In those 'ho, ho, oh no' moments with loved ones, follow your body's lead. Take a break in a quiet spot, use headphones, play calming music, grab an eye mask, and use grounding tools to recharge.

Boundaries

Manage your time and interactions. Little and often rather than one big hit. What phrases do you have to hand to leave friends quickly if needed?

Comfort and Joy!

Ensure your comfort; extreme temperatures can worsen symptoms. Bring comforting items like a familiar scent on a scarf or something tactile in your pocket. Remember to savour some moments of joy too. Take pictures and enjoy!

Wishing you all moments of joy and plenty of mindful rest and relaxation throughout the festive season.

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