Welcome to today’s Webinar: Coping with Christmas

Your Presenter is: Dr Sally Shaw
Your Facilitator is: Katherine Spargo

Acknowledgement

We acknowledge and pay respect to the traditional custodians past and present on whose lands we meet today.

We acknowledge the deep feelings of attachment and the relationship of Aboriginal people to country and respect the cultural authority of the elders in each community
Introduction to Presenter

Dr. Sally Shaw BSc., Grad Dip Psych., DPsych (Health)

Sally Shaw is a psychologist who holds a particular focus on the provision of information, education and support to people with neurological conditions and chronic illnesses, and the health professionals that work with them.

In 2007 Sally joined the team at the Eastern Health MS Service, and works as a consultant psychologist at Box Hill Hospital, as well as in private practice. Based firmly within a positive psychology framework, and drawing largely on cognitive behavioural therapy (CBT) and acceptance and commitment therapy (ACT), Sally works with clients to increase their ability to be strategic while moving forward in life.

Informed Choice

This presentation has been prepared and is presented by an independent expert.

The views presented are not necessarily the views of Multiple Sclerosis Limited.

Individuals are encouraged to seek further advice regarding the relevance of the information presented for their situation.
Webinar -
Coping with Christmas Stress
Tuesday 21st November 2017
11am
Dr Sally Shaw
Psychologist
0438 535 990

Aims for Today…
- Introduction
- Why is Christmas so stressful?
  - External Factors
- Examining your own expectations
  - Internal Factors
- Come out with some basics!
Chronic Illness/Disability - Things to Consider

- Health & Wellness Framework
  - Education
  - Exercise & Nutrition
  - Medication & Symptom Management
  - Employment & Practical Strategies
  - Stress Management
  - Psychological/Emotional/Social Support
  - Spirituality & Finding Meaning

Sally Shaw

- Psychologist (Health)
- Eastern Health MS Service in Box Hill
- Private Practice in Blackburn
- Focus on people with Multiple Sclerosis
- I Love Christmas!! ...?!
Why is Christmas so Stressful?

CHRISTMAS STRESS POLL

- Dr Sally Shaw - Psychologist - 0438 535 990 - salshaw@bigpond.com -

I hope you like your gift. Shopping for it has caused me debilitating stress.

EVERYONE THOUGHT THE TURKEY LOOKED A LITTLE UNDERDONE
Why is Christmas so Stressful?

External Factors

- Money
- Family
- Time Pressures
- Present/Meal Pressure
- Crowds
- Overwhelm (MS Specific)
- Heat/Fatigue (MS Specific)

What can we do to reduce stress from External Factors?

- Take Control as early as possible over the things that can be controlled
- Write a list of Christmas Stressors. Anticipate them!
- Plan ahead. Be strategic.
  - e.g. Budgets
    - presents
    - entertaining (delegate!!)
    - Time allocation (fatigue management)
Time Allocation

- Time Budgets (What does your fatigue budget allow for?)
  - Work?
  - Normal Routine?
  - Extra Social Activities
    - Who gets priority?
    - Where are the boundaries?

Christmas Day Specifically

- How many locations?
- Heat considerations
- Plan B? Does it have to be Christmas Day?
- Advise early and own it.
- Plan a rest
Why is Christmas so Stressful?
Internal Factors

- Managing Perceptions of Others’ Expectations
- Communication
  - Coping with difficult questions/conversations
- Making Decisions
- Saying ‘no’

What can we do to reduce stress from Internal Factors?

- Examine Expectations
  - Your perceptions of others’ Expectations
  - Your own Expectations
- Develop Key Messages
  - Re: personal information
  - To allow ‘escape’ from difficult conversations

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What can we do to reduce stress from Internal Factors?

- Advise others that you will welcome assistance with big and small decisions.
- Be assertive to avoid frustration.
- Practice saying no (it is actually okay to say no).
  - I don’t think I’ll be able to come (opening yourself to being convinced otherwise) v I’m sorry I can’t make it.
  - Respectfully decline what doesn’t work in your time budget. Name it early and stick to it.

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Dealing with the ‘difficult people’!

- Remember – choose to have an enjoyable Christmas.
- It’s not about you!
- Predict their behaviour – set yourself up for success.
- What can you do differently? (we can’t control their behaviour).
  - Boundaries/key messages/topic changers/don’t bite!

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Coping with Stress - The Basics

- Plan Early (what can you control?)
- Prioritise yourself, and those who are important to you from January – November (not just in Dec)
- Don’t forget your routine
- Exercise, and be mindful and present
- Remember:
  “What other people think of you is none of your business”
  (You WILL NOT please everyone – and that’s ok!)

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Thankyou!

Dr Sally Shaw
Psychologist
0438 535 990
salshaw@bigpond.com
54 Railway Rd Blackburn 3130

Good Luck
[... and Merry Christmas!]
The National Disability Insurance Scheme

A major change to the way disability supports and services are funded and delivered

- Available to people who are: under 65, satisfy residency requirements and are able to demonstrate that their disability substantially affects daily living
- Promoting choice, control and social and economic participation
- Providing a whole-of-life approach
- It is not means tested
- Providing reasonable and necessary supports and services
- Ensuring equity of access
We can help you to

- understand the eligibility requirements
- understand the pathways to access the NDIS
- prepare for a planning conversation
- understand your current supports and any unmet need
- develop your goals

We are a ‘Registered Provider’

MS is a registered NDIS provider in NSW, ACT, Vic and Tas. MS is approved to provide:

- Preplanning prior to your conversations (All areas)
- Support Coordination/Connection – assistance to help make your plan active (All areas)
- Short term accommodation (Vic)
- Community Participation (NSW)
- Exercise physiology and personal training (NSW)
- Specialist Continence Assessment (NSW and Vic)
- Physiotherapy and Occupational Therapy (NSW and Vic)

Want to learn more? Please call MS Connect 1800 042 138
Thank you

MS Connect
1800 042 138
msconnect@ms.org.au

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Thank you for your time.