

# Preparing for the holiday season



We understand that the end-of-year holiday season can be a particularly complex and emotional time for patients and caregivers within the Neuroendocrine Cancer community.

This time of year may bring a mix of feelings – joy, sadness, anxiety, or even loneliness. Physical symptoms and disruptions to your usual treatment routine or contact with your medical team can add to these challenges.

With a bit of planning and self-compassion it is possible to reduce some of the stress and uncertainty that often accompany the holiday season.



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## Gentle reminders and practical tips

We've put together some gentle reminders and practical tips to help you navigate this period with greater ease and intention.

### 1. Communicate early and honestly

Share how you're feeling – with your loved ones, your care team, and yourself. Speaking openly can lighten the emotional load and help others understand how best to support you.

### 2. Set boundaries

It's okay to say "no." Give yourself permission to step back when needed. Protect your time and energy and allow yourself the space to rest and recharge.

### 3. Prioritise what matters most

Focus on the things that truly nourish you. Whether that's quiet time, special traditions, or moments of connection, let your energy go where it feels most meaningful.

### 4. Reframe expectation

The holidays don't have to look like they always have. Let go of the pressure to do everything – simplifying your celebrations can make them even more special.



### 5. Stay socially connected

If you're unable to attend gatherings in person, use technology to stay in touch. A video call or a thoughtful message can still bring joy and closeness.

### 6. Foster a positive mindset

Try to focus on the small joys – the warmth of a conversation, a favourite song, or a comforting meal. Ground yourself in the present moment and allow yourself to feel what is, without judgment.



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### 7. Plan ahead

Make time for rest and relaxation. Consider adding mindfulness or breathing techniques to your routine or simply block out quiet moments in your schedule.

### 8. Delegate when you can

You don't have to do it all. Allow others to step in and help where possible – whether it's with meals, errands, or planning. Accepting help is a strength, not a weakness.

### 9. Embrace new traditions

Change can be meaningful. Explore new ways to celebrate and consider adapting or starting traditions that feel manageable and joyful for where you are right now.

### 10. Connect with your healthcare team early

The holiday period can impact appointment availability and services. Reach out to your care team in advance to ensure your treatment needs are covered and you feel supported during this time.



However you choose to spend the upcoming holiday season, know that there is no "right" way to celebrate. The most important thing is doing what feels right for you.

Be kind to yourself, take things one day at a time, and remember – you are not alone.



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If you require immediate crisis support, please reach out to the following 24/7 emergency support lines:

- Immediate danger / emergency: 000
- Lifeline crisis support: 13 11 14 / Text: 0477 13 11 14

**NeuroEndocrine Cancer Australia will be closed 25 & 26 December 2025 and 1 January 2026.**

The NET Nuse 1300 287 363 line will be available 24, 29 & 30 December and 2 January 2026 9am – 5pm AEDT.

For further information and tips, please also refer to Cancer Council resources and the Cancer Council support line over the festive period: 13 11 20

<https://www.cancervic.org.au/get-support/stories/cancer-christmas>

<https://www.cancervic.org.au/get-support/living-with-cancer/holidays-and-travel/special-occasions-celebrations>



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