METRO

NEWS... BUT NOT AS YOU KNOW IT

- Gaming
- Soaps
  - EastEnders
  - Emmerdale
  - Coronation Street
  - Hollyoaks
  - Soaps Showbiz
- Lifestyle
  - Sex
  - Health
  - Property
  - Food
  - Travel
  - Horoscopes
  - Money
  - Shopping
- Video
- Shopping
- More
  - Platform
  - Puzzles
  - Free Games
  - Newsletters
  - Discounts
  - Submit Stuff
  - Competitions
  - Advertise
  - Weather
  - Trending
  - Privacy
  - Jobs
- Search Metro

Stay in touch MetroUK @MetroUK @Metro.co.uk

Home › Lifestyle › Families

How to explain to your family that you don’t feel comfortable meeting up this Christmas

Laura Abernethy

Published Nov 25, 2020, 12:55pm

Share this article via whatsapp Share this article via twitter Copy link

Share this article via facebook

Comment

Telling your family you want to spend Christmas without them can be tough (Picture: Ella Byworth for Metro.co.uk)

The news is out – Christmas isn't cancelled after all.

After a month-long lockdown in England and local tier restrictions returning from December 2, the government has announced that everyone across the UK will **get a break from the ban on meeting up from December 23 to 27.**

During that time period, up to three households will be able to mix.

But just because the rules allow it, it doesn't mean you absolutely should see your loved ones.

Coronavirus isn't going to stop spreading just because it's Christmas so it is up to each family to assess the risk and decide if they want to meet up.

For some, it might lead to arguments – telling family you don't want to see them is tough at any time of year, but particularly at Christmas after a long period of being apart.

But being together might mean travelling a long distance on a crowded train or on a plane, where it is difficult to social distance and you might feel uncomfortable.

And those with health conditions making them vulnerable, travelling or mixing with others might still feel it's too risky, despite the government rules. Some may also feel uncomfortable about putting elderly relatives at risk of catching the virus, particularly if they are travelling from somewhere where cases are high to somewhere where cases are lower.

But families don't always see eye-to-eye and you might view the virus differently to others who might think you are overreacting by staying away.

Rebecca Lockwood, a mindset coach and neuro-linguistic programming practitioner, tells Metro.co.uk: 'It is a difficult situation we are in due to the opposing views of what is safe to do and what is not. We must keep that in mind when having a conversation with anyone about the current affairs.'

Plan the conversation

Now the rules have been announced, your family will be expecting you to commit to some solid plans.

If you sense the conversation with them might be difficult, have a think about what you are going to say and set out your reasons for not wanting to meet.

Look at different aspects for your individual situation – your travel options, the costs, your own health or the health of someone you would be meeting.

Rebecca adds: 'If they ask, you can share your feelings and views on the situation without it being uncomfortable.'

Thinking about these before you speak to your family makes it easier to present all the facts and explain your reasons why. They may argue that the government allows it but be clear that just because the rules allow it it, it doesn't mean the risk goes away.

Psychotherapist Noel McDermott explains: 'You can point out that although these new rules allow mixing they are a compromise which accepts that infections will spike as a result but it's a spike the government are happy to accept because of the previous period of lockdown.

'It's perfectly reasonable for you to make your own health assessment and decide to have a Covid safe Christmas.'

Dealing with anger

While your family might be disappointed but understanding, others could be angry and feel that you are using the situation as an excuse not to see them.

Rebecca adds: 'It is natural for people to feel upset and possibly angry when someone has a different opinion than them and they do not understand it.

'If someone does get angry about your choices, calmly remind them that you understand their point of views, it's nothing personal and you also have your own views. Try not to get too emotional about the situation and remind yourself that people just think differently.'

Noel adds that it is important to put your wants and needs first. Difficult conversations about where you are spending Christmas aren't new and you need to make sure that you will enjoy the holidays too, without worrying about everyone else.

He says: 'Although the questions this year about Christmas seem to revolve around Covid, they are very much the same issues that happen every year. Who will I spend the time with? How will I get my needs met in the complex of obligation and expectation? With addition of the health issues thrown into the what would be complex web of the 'festive season'.

'Have a simple set of rules about what you plan to do and apply them across the board. Try not to meet everyone's needs and forget your own.'

Give them an alternative

While Christmas might be off the cards for you right now, remind your loved ones that vaccines are coming and you can commit to a family gathering when it is safe.

Noel adds: 'It's more than possible to plan family celebrations for next year when we have the rollout of the vaccine and offering something like this may well help to smooth things over. Remind people there is definitely light at the end of the tunnel now, so this year is a one off.'

MORE TRENDING

1 **opper accused of greed after buying nine legs of yellow-sticker lamb for £36**

2 Opinion I had one strict rule at my wedding and my sister-in-law broke it

3 First Person Why I'm celebrating my mum instead this Father's Day

4 Bride slammed over 'controlling' booze policy at wedding

Read More Stories ›

For this year, make the best of the situation. Talk to them about how you can still see each other through video calls, open presents together and even eat at the same time.

It might not be the same as meeting in person but it is a way to share this special time, while keeping everyone safe and comfortable.

Do you have a story to share?

Get in touch at metrolifestyleteam@metro.co.uk.

MORE : **What are the Covid Christmas rules and are they the same in England, Scotland, Wales and Northern Ireland?**

MORE : **Easing restrictions over Christmas will 'almost inevitably' lead to more deaths**

MORE : **Best friends have sent each other the same Christmas card for 50 years**

Share this article via whatsapp Share this article via twitter Copy link

Share this article via facebook

Comment

MORE **Christmas** **Family**

My daughter's bones break at the slightest touch but she's a happy little girl

Woman who lost four babies is now mum to rare identical quads

First Person

Even giving birth didn't stop me doing parkrun

- Opinion

I had one strict rule at my wedding and my sister-in-law broke it

See All

rush hour CRUSH

To the slim, blonde teacher with the large backpack on the train going...

o the ravishing, slim redhead with a charming personality. You were...

Must read

1.

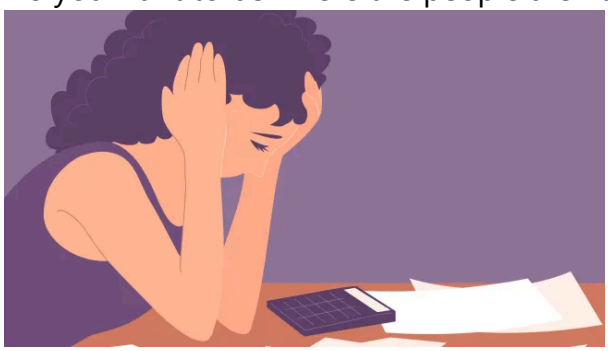
Woman wears 'vintage' look to the club... only to discover it's a Waitrose uniform

'I literally look like I'm on my way to do a night shift!'

2.

This remote island that costs less than a London flat is perfect for introverts

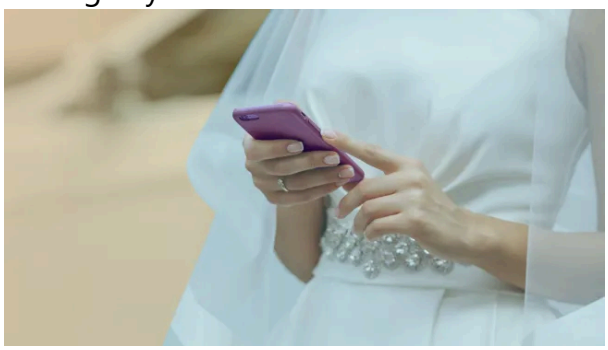
Do you want to be where the people aren't?

3. 

First Person

I earn £1,568 a month but rely on benefits - they're not enough

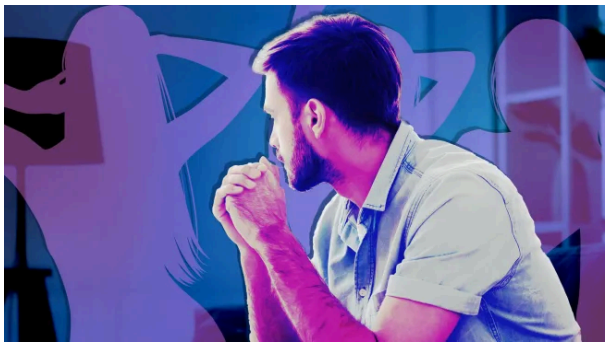
I'm a single parent doing everything I can, but I feel trapped in an endless cycle I can't see ending anytime soon.

4. 

Opinion

I had one strict rule at my wedding and my sister-in-law broke it

My new sister-in-law had posted dozens of pictures online.

5. 

Original **Lonely and ashamed, men like me are turning to escorts for something other than sex**

'My escort changed my life.'

6.

Ad Feature **Level up your small businesses with these top 10 tips**

8.

My fiancé said six words to me, now I've got cold feet

'But I love him with all that I am.'

9.

Europe's 'capital of Prosecco' is a beautiful Italian town with flights from just £19

A winery tour and tasting is an absolute must.

10.

Ad FeatureHere's why you will love Florida

From vibrant cities to incredible wildlife, gorgeous beaches to space exploration, you can enjoy it all.

11.

12.

OpinionI have to choose whether I want vegan food at my wedding - or my mum

Sometimes, the issue is not the lack of meat itself but rather unfamiliarity with vegan cuisine.

13.

I've spent £285,000 to become a single dad of three

'Being a dad is priceless'

14.

What I Own: We bought a two-bedroom ex-council property in Hackney for £400,000

'We instantly fell in love with it.'

15.

Tesco shoppers are just realising you can get free household items with your receipt

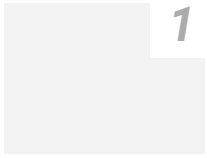
Keep your eyes pealed!

16.

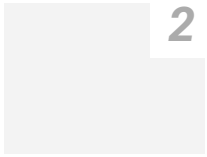
Cadbury is bringing back an iconic discontinued chocolate bar from the 90s

The retro bar was axed in the late 90s.

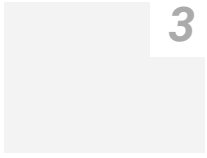
What's trending now

1 

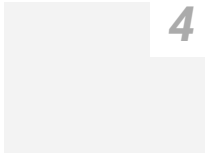
First Person **I thought I'd met the man of my dreams until our honeymoon**

2 

Opinion **I refuse to buy my 10-year-old a phone even though she asks every day**

3 

My wife and I had our baby during Brighton Pride — you couldn't make it up

4 

First Person **I wasn't allowed to go to my dad's funeral just because I'm a woman**

5

People say my son's name should be illegal – one even called it an 'abomination'

Brits Can Hardly Believe They're Eligible For Solar Panels Grants Through...

The Eco Experts | Sponsored

- News
- Sport
- Entertainment
- Soaps
- Lifestyle
- Puzzles
- Platform
- Video
- Search Metro

MetroUK @MetroUK @Metro.co.uk

© 2024 Associated Newspapers Limited Powered by WordPress.com VIP Your ad choices
Contributors Newzit Daily Mail Discount codes about us Discount codes FAQ Terms and Conditions
Privacy Policy Do not sell or share my personal information Site map Contact Us About
Back to top