

# Conflict at Christmas: College Counselling Blog 1

As Counsellors, we often hear that Christmas can be a difficult time for many families for various reasons such as money troubles or missing someone you love. Now this year, there is also the added challenge of Covid-19 too. But what if we have a difficult relationship with our families?

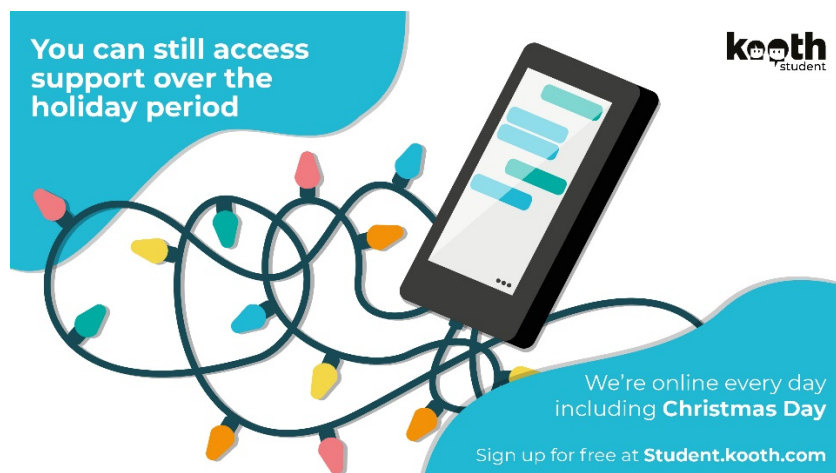
We generally associate Christmas with family celebrations and traditions, Father Christmas and presents, and with these come feelings of excitement, joy, kindness, and love. But we know that Christmas can be such a difficult time for some. It an occasion for spending time with those we love, which for most of us is 'Family'. But if you have a difficult relationship with your family, this can be really tough. Conflict feels different for all of us. Some people don't like conflict and will try to avoid it or please everyone. Others may try to defend themselves quickly as a way to protect themselves when they sense conflict. Others don't mind it and feel confident in being able to express their thoughts and feelings whilst hearing those of others and respond to the conflict.

If this is something that happens on a regular basis then it may start to have an impact on our stress levels, mood, how we feel about ourselves and also impact your relationship with others, even when conflict is not happening.

Family relationships are important to us and can make us feel great when they are good and not so great when they are struggling. It is important to respond to family conflict in a calm and considered way that can hopefully lead to a mutual solution where everyone feels heard.

But what else can help you to recharge and balance out some of those difficult emotions? Think about what is it that makes you feel good and see if you can plan it in. For some, this may include doing something on your own such going for a walk, listening to music, reading, playing an instrument, or watching a favourite film without any interruptions. It is also important to make time to connect with people outside of your family, whether it is spending time with them (if Covid restrictions allow) or having a good chat on the phone. Maybe make a list of these things that help so you have something to go to when things are feeling too much.

Just remember, you are not alone and there is always someone to talk to...



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## Gwrthdaro adeg y Nadolig: Blog Cwnsela Colegau 1

Fel Cynghorwyr, rydyn ni'n aml yn clywed y gall y Nadolig fod yn amser anodd i lawer o deuluoedd am wahanol resymau fel trafferthion arian neu fethu rhywun rydych chi'n eu caru. Nawr eleni, mae her ychwanegol Covid-19 hefyd. Ond beth os oes gennym berthynas anodd gyda'n teuluoedd?

Yn gyffredinol, rydyn ni'n cysylltu'r Nadolig â dathliadau a thraddodiadau teuluol, Siôn Corn ac anrhegion, a gyda'r rhain daw teimladau o gyffro, llawenydd, caredigrwydd a chariad. Ond rydyn ni'n gwybod y gall y Nadolig fod yn gyfnod mor anodd i rai. Mae'n achlysur i dreulio amser gyda'r rhai rydyn ni'n eu caru, sydd i'r mwyafrif ohonom yn 'Teulu'. Ond os oes gennych berthynas anodd â'ch teulu, gall hyn fod yn anodd iawn. Mae gwrthdaro yn teimlo'n wahanol i bob un ohonom. Nid yw rhai pobl yn hoffi gwrthdaro a byddant yn ceisio ei osgoi neu blesio pawb. Efallai y bydd eraill yn ceisio amddiffyn eu hunain yn gyflym fel ffordd i amddiffyn eu hunain pan fyddant yn synhwyro gwrthdaro. Nid yw eraill yn meddwl amdano ac yn teimlo'n hyderus wrth allu mynegi eu meddyliau a'u teimladau wrth glywed meddyliau eraill ac ymateb i'r gwrthdaro.

Os yw hyn yn rhywbeth sy'n digwydd yn rheolaidd yna fe allai ddechrau cael effaith ar ein lefelau straen, hwyliau, sut rydyn ni'n teimlo amdanon ni'n hunain a hefyd effeithio ar eich perthynas ag eraill, hyd yn oed pan nad yw gwrthdaro yn digwydd.

Mae perthnasoedd teuluol yn bwysig i ni a gallant wneud inni deimlo'n wych pan fyddant yn dda a ddim mor wych pan fyddant yn cael trafferth. Mae'n bwysig ymateb i wrthdaro teuluol mewn ffordd ddigynnwrf ac ystyriol a all, gobeithio, arwain at ddatrysiad ar y cyd lle mae pawb yn teimlo eu bod yn cael eu clywed.

Ond beth arall all eich helpu chi i ail-wefru a chydbwysu rhai o'r emosiynau anodd hynny? Meddyliwch am yr hyn sy'n gwneud i chi deimlo'n dda a gweld a allwch chi ei gynllunio. I rai, gall hyn gynnwys gwneud rhywbeth ar eich pen eich hun fel mynd am dro, gwrandao ar gerddoriaeth, darllen, chwarae offeryn, neu wyllo ffefryn ffilm heb unrhyw ymyrraeth. Mae hefyd yn bwysig gwneud amser i gysylltu â phobl y tu allan i'ch teulu, p'un a yw'n treulio amser gyda nhw (os yw cyfyngiadau Covid yn caniatáu) neu'n cael sgwrs dda ar y ffôn. Efallai gwnewch restr o'r pethau hyn sy'n helpu fel bod gennych chi rhywbeth i fynd iddo pan fydd pethau'n teimlo gormod.

Cofiwch, nid ydych chi ar eich pen eich hun ac mae rhywun i siarad â nhw bob amser ...

