

Are you struggling with making plans, or how to get through this season somehow? Does it feel too overwhelming to be do-able? Let me try to help you...

HELP FOR THE HOLIDAYS

1. Write down your fears about the holidays so you know what they are ahead of time and can work through them.
2. Plan ahead. Give yourself permission to only do those things you can do, but don't allow yourself to be isolated and sink into depression.
3. Break items down into a series of small events instead of an endless stream of painful things that overwhelm you. You can handle one event at a time.
4. Decide how you can alter family traditions so they are do-able, or start all over with your own traditions. Please keep in mind that children need you to continue traditions. It will give them a much-needed security and a sense of "normalcy".
5. Keep holiday planning and celebrations as simple as possible. Don't over-do or push yourself beyond your limits. Shop early or by mail order or the Internet if you want to avoid the holiday crowds.
6. Include your loved one in the day by sharing positive memories. Talk about your feelings; it's OK to cry or laugh. Don't hide behind "the mask."
7. Try a change in traditions, such as a trip that everyone agrees to, or bowling, a movie, etc.
8. Remember that you can help others most by taking care of you. Do (or buy) something nice for yourself, or treat yourself to something you like. Be kind to you!!
9. Give of yourself this holiday season by visiting nursing homes or help in a "soup kitchen". Healing comes from doing for others.
10. Prepare ahead of time how you will respond to cheerful greetings of the holiday season. When you hear "Happy Holidays! " you may want to say, "Thanks, happy holidays to you." or "I'm trying."

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