



TIPS FOR COPING WITH THE HOLIDAYS



- ❖ Stay close to family and friends who understand that you are dealing with illness.
- ❖ Take any medications as prescribed.
- ❖ Be sure to get the sleep you need.
- ❖ Celebrate the holidays in ways that are comfortable for you.
- ❖ The holiday season does not stop feelings of sadness and loneliness, so give yourself permission to work through these feelings.
- ❖ Don't compare this season with previous ones. Enjoy all the little things you have now.
- ❖ Talk about the stress you feel with family and friends.
- ❖ Keep expectations manageable. Plan your work and work your plan.
- ❖ Set a budget and stick with it. Many items that you can give do not cost money – a phone call to a friend may mean more.
- ❖ Do something nice for someone else. Do something nice for yourself.
- ❖ Stay out of department stores and busy shopping malls, they can be overwhelming.
- ❖ Sing and play your favorite holiday music.





- ❖ Celebrate the New Year in a way that is comfortable for you.
- ❖ Surround yourself with close friends who understand your feelings about the New Year.
- ❖ Reflect on positive memories from the past year and try to build on them.
- ❖ Don't allow yourself to dwell on the negative. If the negative thoughts come, acknowledge them and let them go. Return to a positive thought or memory. Don't beat yourself up for having a negative thought.
- ❖ Don't dwell on past loses.
- ❖ Do work through unresolved grief.
- ❖ Do remember that there will be a difference between the ideal holiday image and the reality of one's life. Try not to dwell on any disappointment you may experience.
- ❖ Don't accept the role of victim – get out of the house if you can and enjoy the sunshine (when you have it) and fresh air.
- ❖ Remember, celebrations are what you make them – and make them comfortable for you. Create new (comfortable) memories.

HAPPY HOLIDAYS AND HEALTHY NEW YEAR TO EVERYONE!

