



# Making the Most of the Holiday Season

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With the Holiday season in full swing, it is the most opportune time to spend with the people you love and create memories that will last a lifetime. Unfortunately, for some, it could be the most stressful of times, especially for those with disabilities and their family members. Here are a few tips to make the most out of the holiday season and hopefully lessen the stress.

**Expectations:** What is the meaning of the season? What do you hope to accomplish? How can you make the most out of it? Take a few minutes to think about your expectations.

**Plan Ahead:** Be proactive and plan for incidents to happen before they happen. Do you need to make modifications to the venue of the event? Need a quiet spot for those with sensory overload issues?

**Get your loved one involved:** From the planning to the clean-up, and everything in between, get them involved. Getting them involved enhances self-confidence and a feeling of being valued.

**“It is better to give than receive”:** Teach them that it’s just as important to give as it is to receive. Many times as individuals with disabilities and family members, we think those with disabilities should only be the recipient of gifts and other things.

**Be Kind:** Kindness is shown through one’s actions. We all know someone, who, for whatever reason, would appreciate the gift of kindness. Invite them over for a family meal; bring them baked goods, etc. A little kindness goes a long way. Secondly, be

kind to yourself... We don't live in a perfect world, with the most perfect people or situation around us. Things may not also happen as you would imagine. Live, educate, and learn.

You can find more suggestions at:

<http://chasa.org/disability-holiday-coping/>

<http://www.livingwellwithadisability.org/2012/12/8-tips-to-help-ensure-happy-holidays-for-families-with-children-with-disabilities/>



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