


## Holiday Survival Guide



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## Objectives

- Recipe for a Successful Holiday Season
- Expectations
- Traditions
- Coping with Grief
- The Art of Gift Giving
- Decorating
- Schedule/Calendar
- Health tips
- Managing tensions

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## Recipe for a Successful Holiday Season

- Start early
- Budget
- Hold a family meeting
- Be willing to make changes
- Examine your inner self



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## Expectations

### Be Realistic

- Know what you can afford and avoid comparing yourself to others
- Not everything will be perfect, despite your plans and good intentions
- There is a limit to your schedule and how much you can eat and drink
- You may not be able to resolve long standing family conflicts
- Avoid topics that might cause heated discussions

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## Traditions



- Remember what the meaning of the holiday is
- Keep traditions that work
- Be open to new activities and traditions
- Get ideas from friends, colleagues and family members
- Include charity work, volunteering and giving back

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## Coping with Grief

- Recognize and acknowledge your loss
- Share stories about your loved ones... the more the better! Keeping things in does not help!
- Plan and decide which social functions are "good" for you to attend
- Delegate as much as possible - give yourself a break sometimes
- Plan fun activities that you genuinely look forward to

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## The Art of Gift Giving

- Plan and start early
- Pre-buy gifts during the year
- Set realistic limits
- Exchange "gift idea" lists
- Have a conversation about gift giving
- Consider gift certificates for services
- Give non-gift items
- Choose practical items
- Be prepared for resistance



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## Decorating



- Don't overdo it
- Keep it simple
- Talk to the family and involve everyone
- Sentimental items can be important
- It is okay to let it go
- Change it up once in a while
- Watch your budget

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## Schedule / Calendar

- Create a calendar: begin the week before Thanksgiving until the week after New Year's Day
- Write down every activity that is planned for all family members
- Make sure there is a mix of family and friends
- Allow for multi-family situations
- Include adult only and child-friendly activities
- Vary the days and times of events
- Plan something to avoid the post holiday blues

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## Health Tips

- Watch what you eat
- Exercise and stay active
- Limit your alcohol consumption
- Prioritize your sleep



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## Managing Tensions

### Communication

- Avoid the hot topics (don't push the "buttons")
- Don't dwell on the past - Focus on what's good and positive today.
- Be friendly and helpful - It's not about who's right and who's wrong: a little kindness goes a long way
- Practice active listening and be compassionate

### Mindset

- Stop and push away your negative thoughts and pessimistic expectations based on the past
- Be neutral and open to the unexpected- You might be pleasantly surprised
- Expect to have a good time

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## Managing Tensions

### Relaxation

- Return to your inner peace
- Use positive visualization - Think of something that makes you feel good
- Take a moment to breathe: slowly and deeply
- Relax your face and your body - Smile!

### Self-Care

- Take breaks during family reunions: go for a walk, do a short meditation, watch a fun video, read a book or listen to upbeat music
- Take time for yourself before and after the events: exercise, get a manicure, go to a museum, hike or ski
- Laugh as often as you can!

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Evaluation

Survey QR Code



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