

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!

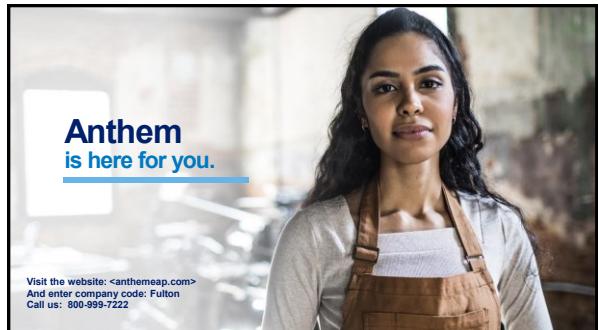
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Evaluation

Survey QR Code



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