

CAC Cares

This time of year always causes me to reflect on the past year. Looking back, the CAC program has accomplished so many goals in reaching more families than ever before. We could not give *Voice, Healing, and Security* to all children and families without such wonderful supporters like yourself. We mean this sincerely when we say THANK YOU!!!

With our gratitude, we hope you also find joy and happiness during these holiday seasons. However, we acknowledge this time of year can be difficult for many. Whether you are reminded of the loss of a loved one, endure financial stress, or cannot find the time to relax, remember the Children's Advocacy Center is here to support you and your family. If you or someone you know could use help, please call one of our local regional offices to receive a list of community resources. But in the meantime, you could also try some of these helpful tips to relax and enjoy the true meaning of Christmas!

1. Spend time with those who mean the most to you. Don't feel obligated to attend every holiday party!
2. We live in South Louisiana, which means our winters are mild. Go for a stroll in the park or play with the kids outside. Fresh air always helps us feel better!
3. Try meditation or yoga. Research shows incorporating mindfulness can be both mentally and physically beneficial (reduced stress, improved sleep, better relationships).
4. Look for ways to give back! Join our *Season of Giving* campaign by visiting <https://childadv.net/donate>.
5. Ask for help if you feel overwhelmed. Don't have time to make that complicated dish they asked you to bring? Ask to trade with someone for something easier, like an appetizer or ask to supply the drinks or cups.
6. Celebrate in moderation. Don't overindulge in desserts, cocktails, or overload your calendar. Avoid undue stress!
7. Set a budget and stick to it! True gifts come from the heart, not your wallet. So don't feel bad if you can't buy the new "hot ticket" item for your best friend's kid. Baked cookies are a great economical option that require the special ingredient of love!
8. Treat yourself to a little TLC. You deserve a gift, too! You've worked hard this year and deserve some credit.
9. Try to do a Random Act of Kindness twice a week until January 6th! It will make you and someone else feel better! Kudos if you do it every week of the year!
10. Watch your favorite holiday movie or listen to your favorite Christmas music station to get into the holiday spirit. Add the joy of some hot chocolate, egg nog, apple cider, or whatever your go-to wintery drink is!

We hope you have a wonderful end to 2018! We have enjoyed sharing this year with you. Come back in January as we kick off 2019 with new staff writers!

Are you enjoying these informational topics? Have a suggestion? Please contact either Ashleigh Fuller afuller@childadv.net or Marcy Willett mwillett@childadv.net to let them know.