



Finding the Holiday Spirit: Emotions

1. Keep your expectations modest
2. Do something different, make new traditions
3. Lean on your support system
4. Do not assume the worst
5. Forget the unimportant stuff
6. Volunteer some of your valuable time

Finding the Holiday Spirit: Family

1. Head off problems
2. Ask for help and be specific
3. Don't worry about things beyond your control
4. Make new family traditions
5. Find positive ways to remember loved ones
6. Don't overbook
7. Don't stay longer than you want to
8. Have a partner to understand your needs

Finding the Holiday Spirit: Self Care

1. Stay on schedule with meals
2. Exercise daily
3. Eat sensibly and in moderation. Avoid snacking.
4. Take medication and /or supplements, don't miss doses
5. Avoid alcohol if possible. If you want an alcoholic beverage: 1. Eat before drinking. 2. Do not have more than one drink. 3. Never drink and drive.

Enjoy Life and have a great holiday season!

Barbara and Tina Your Support Group Team Leaders

