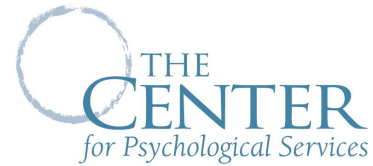


Holiday Tips for Smoothly Landing your Sleigh



Recognize feelings that are present for you

Do not isolate yourself! Share an experience; talk with someone you trust- a family member, friend, a professional

Balance change with tradition: Create new traditions when old ones are not available

Make self-care a priority: You can't give what you don't have for yourself eg., good energy, good will

Have realistic expectations: Remember Norman Rockwell's paintings are IDEALIZED scenes

Keep some perspective: Temper pressure or guilt about expectations to enjoy the Holidays- Remember, they are really just days on a calendar

Don't take on too much! It's easy to overcommit during the Holidays -Pace yourself

Sleep well: Set the expectation that good sleep = increased resilience to handle your to-do list

Feel free to avoid confrontation! Holidays may not be the best time to bring up sensitive or controversial subjects

While our primal instinct may hardwire us to store negative experiences more than positive ones, focusing on the positive (gratitude, noticing something sweet or beautiful), can help override this tendency

Enjoy alcohol and food in moderation- listen to your limits

