

De-stressing for Holidays



Plan & Organize

Plan, organize, and prioritize to avoid burnout, disappointment and fatigue. Create a holiday-planning task schedule. Ask others to share the responsibilities and assign tasks to family members.

Before getting together with family or relatives, anticipate and prepare for any difficulties. Don't expect your family or relatives to change their personalities because they are visiting your home. Don't bring up old family quarrels during the holidays.

Plan free or low-cost activities and celebrations. Create and practice a holiday family tradition that helps those in need.

Budget

Don't spend money beyond your means. Consider gifts of help or special times together rather than gifts of things. Discuss gift-giving costs and realistic expectations with all family members well before the holidays.

Create a new family tradition to keep the post-holiday blahs at bay. Talk about the fun you've had and what the holidays mean to your family, and then think about what you might do differently next year.

Schedule time for YOU

Create some time alone for yourself. Reflect on what is precious to you about the holidays and reconnect with your spirit. Take time to relax and take care of yourself. Examine the differences between your holiday expectations and what is really possible. Establish realistic holiday goals. Share with family and friends any worries about meeting your holiday expectations

Don't Forget to Infuse!

Remember to infuse before the big holiday festivities where all the friends and relatives gather and the kids rough-house. Many patients have spent the holidays in the ER unnecessarily.... Keep that part of your prophylaxis plan intact.

