

## **TIPS FOR A HAPPY HOLIDAY**

- Set your priorities. You can't do it all! Decide what you want this Holiday Season to mean for you. Pursue that goal!
- If the holidays become a financial burden ó set a price limit on gifts.
- Give a treasured heirloom as a gift, perhaps with a written message explaining its significance.
- You can't do it all so concentrate on what you like to do best.
- Remember, traditions were created in the past when life was simpler.
- If you are a single parent, don't go overboard because you're trying to make it up to your kids.
- Adopt that wonderful Scandinavian tradition. Finish preparation on December 22<sup>nd</sup>, and make the 23<sup>rd</sup> a day of inner preparation for the coming holiday and recovery from the weeks behind you.
- Most parties mean alcohol and foods with a high sugar content. Eat well-balanced meals whenever possible during this "party season".
- Expand your holidays by thinking of other less fortunate. Contribute toys for tots or baked goods for a lonely older person.
- Give a note or a "contract" to someone you love. A promise to an older relative to shovel snow or mow the lawn.
- Provide a variety of beverages at parties or dinners. Don't "push" alcohol.
- Try a "progressive" holiday party ó appetizers at one place, salad at another, entree at another, etc. This links family and friends, yet no one has to go through a great deal of expense or preparation.
- If you're already depressed and you feel the holiday season is making it unbearable, seek help through the EAP.
- The "Holidays" aren't the only time to celebrate, if you are busy at your job during this season plan a party for the end of January when your job is less demanding.
- Let children or other family members and friends help with the decorating of the tree and house.

- Accept the help of the people in your life.
- Don't let all the preparation and anticipation set you up for a let down. Be realistic.
- Family patterns of communication don't change because it is the holidays. Don't expect your family to openly express love if they do not do that at other times of the year.
- Control your intake of alcohol. For a 150-180 lb. Person it takes at least one hour for a drink (12 oz. Beer, 5 z. wine or 1½ oz of 80 proof liquor) to be oxidized by your liver. Face yourself!
- Take time to get some exercise. It does wonders for the spirit as well as a body sluggish from too much sugar.
- It really is the thought that counts. People will appreciate the gesture.
- If you believe the holidays are a time for family and find yourself without one ó create one with your friends.
- If you are recovering from the ending of a relationship celebrate differently than the manner in which you and that person celebrated.
- If this holiday season finds you restricting your calorie intake, remember this is probably not your last holiday. Next year when you have reached your goal weight you'll be able to eat candy and.
- Whether you are abstaining from sugar or alcohol take one day at a time or one party at a time.
- Approach parties, as a time for fellowship, don't emphasize the food and drink.