

Taking Care of YOU During the Holidays



- Give yourself the right to a time out, let up, back off, slow down. Maybe you need to completely step away from the holidays. Perhaps start over.
- Be honest. Tell the truth when you're asked, 'How are you?' You absolutely have the right to express your true feelings. As a matter of fact, you owe it to yourself. If you're not fine, say so. If you're sad don't force a smile. Fibbing about your wellbeing will give you a knot in your throat. On the flip side, if you feel good, crack a smile and say it with pride, "I'm good!" It's an accomplishment.
- If you wake up and the thought of Christmas gives you a big old pang, well, be Ebenezer Scrooge! Say "BAH HUMBUG". You're allowed. It's your right. You don't have to be Jolly throughout. It doesn't make you a bad or mean person. It allows you to experience your true feelings. And by all means, if you've had it with Christmas carols, don't listen to them!
- Maybe you want to just stay home. Usually you have the right to be and go wherever you want. But now with the added health concerns, due to the pandemic, you may need to make some adjustments and put some restrictions into place. If you travel, use caution. Visiting with friends or relatives? You set the boundaries that make you comfortable. This is not a time to compound your turned upsidedown life with additional stress. Exercise your right to be safe on your terms.
- You have the right to do things differently. No law applies here. There is no mandate that you need to stick to what you've always done. You want to send the usual 100 cards, do it. If not, send 10, or none! Don't want a tree? Or maybe you want your tree to have all blue lights. Do it! Tired of the same old turkey? Eat pizza or a hotdog! Whatever! Your choices are endless.
- Having fun is an absolute right and necessity! On your really good days go for it. Don't deprive yourself of a good time or some laughing. And never think that anyone who sees you will judge it as inappropriate. A moment of laughter will balance an hour of tears.
- Grief is unpredictable, especially during the holidays. You can steadily be moving along, preparing for a commitment, and all of a sudden, BAM! You get blindsided, become overwhelmed. When this happens, it's your right to put on the brakes and make a full 180-degree turn. Change your mind. You'll have ample time in life to be predictable. This is the time to choose your right and make the needed change, even if mid-stream.
- It's your right to set your time. Don't be a slave to the holiday clock. Want to sleep in, make your routine appointments later. Have your meals earlier or at a different time. Go to bed when you want. Do things at different times.
- So many people think staying busy is the best thing. But you have a right, and you deserve, to rest, have peace and find solitude. Nap, meditate, pray whenever the need presents itself. Recharge your spirit, it will feed you better than a huge meal!
- Nothing you've decided to change, add or eliminate this year is set in stone. Don't forget it's your right to mix it all up again next year, and the year after that, and so on! Or, bring it back to wherever you're comfortable.