

Surviving Holidays
Topic #601
Category: Life Situations



For where your treasure is, there your heart will be also. Matthew 6:21

Holidays are the most stressful time of the year – and then you add family! It’s enough to make people *without* mood disorders anxious and depressed. Here are some tips for surviving:

1. **Set low expectations.** Not “realistic” expectations – even lower than that! Decide that **your** holiday enjoyment won’t depend on anyone else’s actions or reactions.
2. **SEE Well.** (Sleep, Eat, Exercise) Watch alcohol intake. Limit yourself to 1 drink, if any.
3. **Beef Up your support system.** If you go to 1 meeting a week, go to 2. Have extra babysitters lined up. Have phone numbers of supporters in your cell. Plan an extra visit with your therapist.
4. **Set Limits.** If you must see people you don’t really want to see, set a time limit. Let it be known at the beginning of the visit that you only have time for x-y-z. If you must go to an office party, make an appearance and graciously excuse yourself.
5. **Review your triggers.** What has triggered you in previous years? Know what to watch for.
6. **Take the easy route.** Need to bring food item to a party? Buy it from a nice bakery or restaurant. Have someone else wrap gifts. Order gifts by mail or online to avoid traffic and congested stores.
7. **Make new traditions.** Visit your extended family during another season. Plan a picnic, family reunion during a time when you’re at your best. Make holiday plans that benefit you and your family.
8. **Think about others.** If you need a pick-me-up, do something nice for someone else.

Adapted from Therese Borchard, *Holiday Depression Busters*, Beyond Blue, beliefnet.com. Last accessed Aug. 22, 2010.

601a©2010 Fresh Hope

Surviving Holidays
Topic #601
Category: Life Situations



For where your treasure is, there your heart will be also. Matthew 6:21

Holidays are the most stressful time of the year – and then you add family! It’s enough to make people *without* mood disorders anxious and depressed. Here are some tips for surviving:

1. **Set low expectations.** Not “realistic” expectations – even lower than that! Decide that **your** holiday enjoyment won’t depend on anyone else’s actions or reactions.
2. **SEE Well.** (Sleep, Eat, Exercise) Watch alcohol intake. Limit yourself to 1 drink, if any.
3. **Beef Up your support system.** If you go to 1 meeting a week, go to 2. Have extra babysitters lined up. Have phone numbers of supporters in your cell. Plan an extra visit with your therapist.
4. **Set Limits.** If you must see people you don’t really want to see, set a time limit. Let it be known at the beginning of the visit that you only have time for x-y-z. If you must go to an office party, make an appearance and graciously excuse yourself.
5. **Review your triggers.** What has triggered you in previous years? Know what to watch for.
6. **Take the easy route.** Need to bring food item to a party? Buy it from a nice bakery or restaurant. Have someone else wrap gifts. Order gifts by mail or online to avoid traffic and congested stores.
7. **Make new traditions.** Visit your extended family during another season. Plan a picnic, family reunion during a time when you’re at your best. Make holiday plans that benefit you and your family.
8. **Think about others.** If you need a pick-me-up, do something nice for someone else.

Adapted from Therese Borchard, *Holiday Depression Busters*, Beyond Blue, beliefnet.com. Last accessed Aug. 22, 2010.

601a©2010 Fresh Hope

Surviving Holidays:

1. Set low expectations.
2. SEE Well. (Sleep, Eat, Exercise)
3. Beef Up your support system.
4. Set Limits.
5. Review your triggers.
6. Take the easy route.
7. Make new traditions.
8. Think about others.

Surviving Holidays:

1. Set low expectations.
2. SEE Well. (Sleep, Eat, Exercise)
3. Beef Up your support system.
4. Set Limits.
5. Review your triggers.
6. Take the easy route.
7. Make new traditions.
8. Think about others.