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# THE CAREGIVER SPACE

A HELPFUL NEWSLETTER FOR THE FAMILY CAREGIVER



## WELCOME

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Happy December! I can't believe we are so close to Christmas and I bet you can't either! This month is filled with Christmas lights, joy, hot cocoa, and snow (hopefully). However, the Holidays can often add stress to our lives. So this issue will focus on ways to take care of yourself during the Holidays.

## QUOTES OF THE MONTH

"Take time to notice your surroundings, it's all part of your story" -Kimberly Snyder

"Almost everything will work again if you unplug it for a few minutes, including you." - Ann Lamott

## TIPS FOR HOLIDAY STRESS

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Family Caregivers work year round, with no breaks. The Holidays are no exception. The Holidays can bring joy, laughter, and excitement. For some family caregivers, they can bring on added stress. Courtesy of AARP, there are some tips below to help you cope with the Holidays and have more joy and less stress.

### **1. Focus on what is most meaningful.**

As much as we'd like to create the perfect holiday experience, remember that perfection is not the goal of the holidays – meaning and joy are.

### **2. Simplify your holiday activities.**

If going all out for the holidays will push you over the edge this year, remember that it doesn't have to be all or nothing.

### **3. Start new traditions.**

Instead of focusing on losses and what you and/or your loved ones aren't able to do this year, try doing something new.

### **4. Adjust meals.**

Make adjustments that fit your budget, lifestyle, and goals.

### **5. Approach gift giving more efficiently.**

### **6. Anticipate Holiday Hot Buttons.**

Mentally put yourself in a protective bubble, letting negative energy bounce off without hurting, annoying or distressing you.

### **7. Mind your mindset.**

Negative thinking actually activates your body's stress response, so steer your mind to the positives when you start down that slippery slope.

### **8. Keep self-care at the top of your list**

Find ways to fill your tank. Get plenty of sleep. Walk with loved ones in a decorated shopping mall, dance to holiday music, stretch or do jumping jacks while watching holiday movies.

### **9. Connect with other caregivers.**

Other caregivers are feeling many of the same emotions you are, even when others don't understand.

### **10. Ask for help**

Even if you don't normally do so, the holidays are a great time to get some extra help – even a few hours can be a huge relief.

**Read the full  
article [here](#)**

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