

Plan for happiness during the holidays

If holidays are sad due to a lost loved one,
plan to be with other people.

For many people, holiday times are too hectic and tiring to be enjoyable. For others, living alone or with memories of a lost loved one brings sadness.

- Schedule activities you enjoy, but take time to unwind.
- Keep from over planning, hosting, and attending too many events.
- Lower expectations of having a perfect holiday. Focus on family traditions that are enjoyable, but realistic.
- Talk to someone you trust if you are having sad feelings.

