

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.

