



Workshop Series

Top Tips to Handling the Holidays

Financial demands increase stress.

Holidays **amplify** your emotions—for good or bad.

Blessed means “**set apart**”

Complete trust in God (creates **joy**)

Staying true to **purpose**

Emmanuel: **God** among us—literally

Christmas is the definition of **hope**

The same **promise** of Christmas is yours to claim

You can hope with a sense of **joyful** anticipation for the great things to come

Hope helps us **endure** the unknown

Tip #1: Holidays can trigger a new **grief** cycle.

Tip #2: Take on fewer **commitments**.

Tip #3: Reach out to a **close family member** so they can let everyone know how you are doing and to be extra supportive.

Tip #4: **Emotional pain** makes it more difficult to deal with challenges.

Tip #5: **Allow** your close family members and friends help you carry your cross.

Tip #6: Create channels of **peace**.

Tip #7: You don't have to do **everything**.

Tip #8: **Traditions** ground us to our roots.

Remember: Kids hold onto **traditions**



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Tip #9: Great opportunity to replace difficult/unwelcome **traditions** with new ones.

Be **creative**

Tip #10: Now is a chance to create your **future**.

Bonus Tip: Holidays are **sacred** times for families.

Bonus Tip: **Overnight** Christmas Eve with your extended family and wake-up sharing their joy and love.



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Keeping Christmas Fun for Kids

Plan ahead: **spontaneity** creates stress.

6 pm Christmas Eve is the best time for Christmas hand-off.

Avoid **Christmas** day hand-off

Drop-off kids instead of picking up.

Be **flexible**

Talk **favorably** of the time with other spouse to aid transition.

Don't force them to leave gifts behind, this causes **regret** and overshadows **joy** of seeing other parent

Kids pick up on your **emotions**.

On off-years celebrate Christmas on Christmas Eve **morning**.

Remind your former spouse of the holiday arrangements to avoid surprises and anxiety.

Coordination and **communication** are key to stress-free gift exchange.

Coordinate on big gifts to avoid **duplicates**, let the little stuff slide.

Unapproved gifts given by other parent stays at with other parent (Tommy's BB gun).

Gift Giving Tip: **Custodial** parent hosts Christmas every year.

Look for opportunities to celebrate Christmas with **extended** family on off-years.