



Colorado Lawyer Assistance Program

Holiday Survival Tips

1. **Lower your expectations.** Or get rid of them altogether. Rather than planning everything and putting yourself in charge of the holiday season, work with your friends and family members to make collaborative decisions. If you have rigid expectations of how things “should” go, you will almost always be let down. Don’t sabotage this holiday season by setting unrealistic goals for yourself or anyone else.
2. **Don’t underestimate the time it will take to complete holiday tasks.** Shopping, cleaning, cooking, and decorating are not quick and easy tasks, especially when many other people have the same type of plans. Rather than creating situations where you are running around like a “chicken with its head cut off” because you double-booked your time, create a timeline for yourself for all the things you need to accomplish. Add at least 30-60 minutes to each one. Consider the best time to accomplish your tasks that work for you rather than against you. Perhaps doing some cooking after the kids have gone to bed, or shopping in the evening during the week rather than on the weekend. Take a few moments to plan your next day’s activities.
3. **Remind yourself to SLOW DOWN.** When you find your mind or body racing around, or if you are getting agitated, angry, or overwhelmed, remember to breathe. Everything will get done, and everything will be okay. Say a soothing mantra to yourself, such as “breathe in calm, breathe out smile,” or go outside to take a walk. Rather than focusing on what needs to get done, focus on the people around you; be present in the moment and enjoy it!