

A GUIDE TO NAVIGATING THE HOLIDAYS

Our RYH Team has developed this list of tips and advice to help you not only survive, but thrive, through the holidays.



Overall Tips

- Pray ahead of time for the people you will see
- Remember to pay attention to what God has for you
- It's okay to feel sad, but try not to stay there
- Be sensitive to Covid-19 protocols wherever you are going



General Tips

- Set realistic expectations
- Don't eat or drink too much
- Get enough sleep
- Be open to new experiences and people
- Don't isolate
- Reflect on your relationship with God
- Set a goal to be kind to one stranger every day
- If discouraged, scroll through [drcarolineleaf](#) on Instagram

VISITING YOUR DYSFUNCTIONAL FAMILY

- Anticipate that you will be triggered and when you are, take two slow deep breaths
- Do not become defensive - no matter what
- Smile and change the subject
- Walk away
- Remember that difficult family members are hurt people and offer them compassion
- Decide ahead of time where to set your personal boundaries
- Hold your boundaries no matter how hard they are challenged
- Use Conversation Starters (see list below) to change the subject or better connect
- Look at cute animal videos on your phone and invite others to join you

VISITING FRIENDS

- Ask what you can bring
- Enjoy their company
- Express gratitude
- Learn something new about each friend you visit (see Conversation Starters on next page)



A GUIDE TO NAVIGATING THE HOLIDAYS PAGE 2



Conversation Starters

- Tell me about a place that makes you feel good
- Tell me a story about something that you have lost or have found
- Tell me a story about a surprise you've had
- Tell me a story about a time when you were generous
- Tell me about someone you miss
- Tell me something about how you played as a child
- Tell me about your favorite holiday memories



Reminders From Scripture

"You are a chosen race, a royal priesthood, a holy nation, a people for his own possession, that you may proclaim the excellencies of him who called you out of darkness into his marvelous light." (1 Ptr 1:9)

"For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them." (Ephesians 2:10).

"But now thus says the Lord, he who created you: "Fear not, for I have redeemed you; I have called you by name, you are mine." (Is. 43:1)

SPENDING THE HOLIDAY SEASON ALONE

- Plan something for each day
- Volunteer to help out at a homeless shelter, children's home, or other charity
- Take a trip to someplace you've always wanted to go (could just be a day trip)
- Plan your own special adventure
- Go to the movie theater and see the movie you've been wanting to see
- Start a Gratitude Journal
- Create a list of adventures or accomplishments you want to do in 2022
- Have a TV marathon
- Take time for self care

HOLIDAY RESOURCES

- [What Is Christmas All About?](#) (from WDA)
- [A Guide on Combining Christmas Cultures and Traditions](#) (from Tea With Mum blog)
- [50 Things To Do Together for Christmas](#) (from What You Make It blog)
- [Getting Through The Holidays After Loss](#) (from Psychology Today)
- [5 Ways to Stay Close to God During the Busy Holiday Season](#) (from Relevant Magazine)
- [Holiday movie, music, decorating, crafts, and recipe ideas](#) (from All Things Christmas blog)

