



## Backdoor Reading From Your Parish Nurse

Asbury United Methodist Church

December, 2011

# Avoiding Those Holiday Blues

### Remembering bad times:

Ask yourself: Is it likely to happen again? If no, give thanks for being able to explore new ways of doing and being. If yes, look for ways you can minimize the opportunity for this person or situation to disrupt harmony for you and others.



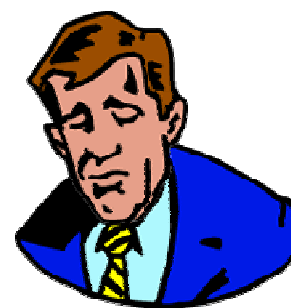
### Loss of past good times

The hole left by someone's absence cannot be filled. For some it is more helpful to maintain parts of the past holiday rituals; others will prefer a totally new approach. Consider which will be more helpful to YOU!



### Expectations

What are you expecting of yourself, and of others? What are others expecting of you? How realistic are these expectations? Do they need pruning? How can they be changed?



### New Rituals

Opportunities for new rituals always come up in our lives. To make room for them, some old rituals may have been relegated to memory. Which are the rituals that give you the most peace and joy? Which only seem to cause stress?



### New Way For Old Rituals

Some old rituals may need to be tweaked to accommodate new realities. Our children grow up, friends move, relatives and other loved ones die. Others are born, and come into our life and love in different ways. Think about what is most important—make choices.

### TO DO LIST

Listen to your heart

Worship God

Exercise

Pray

Rest

Give thanks

Love one another

Be Gentle with Yourself!



### Abundant Life

Christ came into the world that we might live more abundantly. Does that mean 27 different kinds of cookies, mountains of gifts, and a party every night? Maybe, or are we overfed, over-tired, over-spent and just plain miserable?

*Everything can be taken from a person except one thing; The last of the human freedoms—to choose one's attitude in any given set of circumstances, to choose one's own way.*

Victor E. Frankl