



Finding Comfort in the Healing Gifts of the Season Handout

Rituals and traditions can restore hope and bring you comfort. They can remind you of who and what matters to you. They can spark fond memories and your creative juices. How can you restore the rituals that are important to you? How can you breathe life into these events to bring joy and meaning to your current life? These events can renew your connection to others. Rituals provide relief from the burdens you bear. They offer a chance to connect with others and these connections are so important. Enjoy the many benefits of your rituals.

Caregiver Burden-When you cope with the stresses that go with being a Caregiver, it is easy to see why you may be worn out. The expectations and demands of the holidays can add to that stress. How can you enjoy the season without adding to your stress?

Seasonal Stress-Seasonal stress occurs when people don't slow down. High expectations and demands can increase stress. Holidays are a typical time when stress can occur due to increased demands. Are you rushing, doing too much or over-spending? Are you feeling lonely, or miss loved ones that you have lost during this time of year? Are you worried you can't meet others' expectations? All the preparations can take the joy out of the celebration.

What can you do to find comfort and healing in the gifts of the season?

Recall the Special Moments from the Past-Take time to remember. What memories do you hold dear? If you were to reflect on your past celebrations and rituals, what comes to mind? What are the simple memories that bring you comfort? Look to these memories to be inspired.

Create New Traditions-Do you need to change how you celebrate so it reflects what you want now? You don't have to celebrate the same way you always have especially if it no longer works for you. Decide what really matters and focus on that. Be flexible and develop plans that fit for where you are at now.

Connect to Others-Your relationships are a source of comfort. Connecting with others can also keep you strong. Reach out to loved ones with a call, a card, or an invitation. Connecting with others will warm your heart and renew your spirit.

Connect to your Physical Senses-The five senses are a great source of comfort and pleasure. Use the gift of your five senses to restore you throughout the year.



Recognize the beauty of the sights and sounds in nature. Experience the pleasure of remembered smells and tastes. Experience the warmth of a cozy fire or the affection of a loved one. Listen to sounds of your traditional music. Your senses can come alive in your rituals and celebrations if you pay attention.

Enjoy the magic in life's simple pleasures-Life is full of simple pleasures. Seek them out and enjoy the moment. Be creative. Give to others. Take time to be grateful. Enjoy the activities that remind you of the true meaning of the event. Slow down. Don't get caught up in rushing. Focus on enjoying the people you spend time with. Don't get caught up in the excess of the season. Make your celebrations a reflection of you.

Questions to Consider:

- When you look back, what memories bring you comfort and joy?
- How might you let go of the burden of expectations?
- What aspects of your traditions do you want to keep?
- What aspects of your tradition do you want to change, or discontinue?
- What new activities would you like to add to celebrate?
- How might you connect with others in celebration?
- How can you engage your sense of: taste, touch, sight, sound, and smell?
- How might you simplify, create, and give?

You can benefit from the comfort and joy of cherished traditions.

You deserve this gift, which is there for the taking!

We wish you all the blessings of the season.