

Home for The Holiday's

Many holiday traditions have long been established and rooted in family life over several generations and we have learned to share and pass these on to our younger family members. Along with the joy and festive focus of "The Season", the holidays can also be uncomfortable for many people when tempered by stress, depression and melancholy.

As each individual is a unique entity so too are our family units and in modern times even more different from years past. Families may be comprised of single parent homes or split entities in cases of divorce, with family members feeling torn or guilty by choosing to celebrate one of the holidays at one home and not another. As a result what should be a joyous and care free time can have the opposite effect and there occurrences may be happening to a greater extent in recent years. Others elect to have a family of choice consisting of chosen, non-related individuals who are caring, supportive and dependable people to lean on and spend time with. Do make an effort to be with those who love you.

Upon reflection it seems that many folks pass from our earth around a significant holiday. It has been said by some that loved ones choose to "transition to spirit form" near the holidays so they are always remembered. Holidays can be difficult, especially for those who have experienced the loss of a loved one and the conjuring up of memories from days gone by with those that have left us. In a single holiday season the entire dynamic of family gatherings can be tossed into uncertainty by the departure of a loved one.

Celebrating the lives of those who have passed or cannot be with us can be a great way to remember and include them in our gatherings by acknowledging their contributions to our lives. Some families elect to tell stories about deceased or absent family members, while others look at pictures together and yet others will create new traditions to pass on. Some families make quilts and pillow cases from some personal clothing of a family member while others choose to put together a Holiday collage and some record video messages or share via social media outlets to connect with loved ones out of the area.

It is important to remember self-care during the season of giving too. In addition to loved ones, spending time with other important people in our lives including friends, close contacts at work, church or synagogue, neighborhood or support groups etc., can provide additional support and comfort. Surround yourself with people that appreciate you!

Doing nurturing things for our spirits can be very helpful: a massage, a bath, a brisk walk, meditation, yoga can help us refocus and become grounded in the here and now; with a deeper appreciation for those that are with us in the present and others from the past that have left their own, special, indelible marks on the way we live our lives all year round.

Remember that more than half of all the alcohol consumed in the United States during the entire year occurs during the time period from Thanksgiving to New Years. Be safe!

Happy Holidays from LECSA EAP

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