

SURVIVING THE SEASON

When you don't want to celebrate the season

1 Do something for yourself.

Take advantage of all the sales and buy an adventure package, vacation, or something you have been saving for. Just because you don't agree with the season doesn't mean you can't take advantage of the seasonal benefits.

2 Don't steal other people's joy

It is easy to reply with negative thoughts when other people are excited about the season. Don't take advantage to debate your position with others. Accepting they are passionate and excited doesn't mean you have to be passionate and excited about the same thing.

3 Remember it's only a month out of the year

Over the month it is easy to get annoyed with the commercialism of the holiday season, parties, and social events. Attend what you want, and avoid the places and events that will trigger or frustrate you. Spend as little time at shopping centers and malls as possible. Focus on enjoying the goodies and treats instead of the festivities.

4 Control your frustration

The holidays can be frustrating for people, even those who do celebrate. Use this as an opportunity to practice calming techniques such as mindfulness and breathing exercises to curb your frustrations.

