

Stressed for the Holidays

Tips for family celebrations

Give yourself a break. Realize that things may not be perfect for celebrating, and that stress may be higher.

Start a new tradition. Create your own tradition, to celebrate on your own or to share with friends or family.

Keep an old tradition. A family member may be missing, but you can still practice old customs.

Include the incarcerated person. You can send pictures of your celebration, or make a card to send your family member.

Follow the directions for sending gifts. Be sure to read the prison's rules on sending packages to inmates, and follow these instructions carefully.

Let it out. Sometimes you just need to cry or yell privately into a pillow. Release the stress before it builds up too much.

Go with the flow. Nothing is perfect, and things keep changing; that's part of life. So learn to be flexible.

Lend a hand. Helping others can help cheer us up. Read or play a game with a child, help with some cooking, mow someone's grass – anything to help someone else.

Be appreciative. Your family may have less money at this time, so there may be fewer gifts or other extras. Show maturity and be thankful for what you do have.

Being sad is OK. Remember, feeling sad sometimes is a normal part of life. It will not last forever.

