

THE LAW OFFICE OF  
*Brigid A. Duffield* P.C.  
 1749 S. Naperville Rd., Suite 201, Wheaton, IL 60189



## Family Transition and the Holidays... When It's Not Such a Wonderful Life

Welcome to the holiday season! We have officially arrived in the whirlwind of gift-giving, holiday parties and activities.

For many of us, the holiday season may not be a time of picture-perfect bliss. The loss of a spouse, parent or child, a divorce or separation; economic hardship, and medical issues can prevent us from doing the things we love to do sometimes and checking off all of the items on our "to do" lists can create more pressure and less joy. Any one of these life events can make the holiday season seem like it's *not* such a "Wonderful Life."

This December, I offer the following "Tips to Help You Get Through the Holidays," in the hope that these reminders will help you maintain peace and serenity in the midst of possible turmoil. I hope they will help you and the people you love feel saner, safer, and happier during the holidays - and perhaps all year long!

### Events Calendar

December 15, 2016  
 8:30 AM - 10:30 AM  
**DuPage Bar Foundation  
 Holiday Breakfast**  
 @ the ARC  
 Contact Cindy at  
 630-653-7779  
 for more info

Saturday  
 December 24, 2016  
**Christmas Eve**

Sunday  
 December 25, 2016  
**Christmas Day**

Saturday  
 December 31, 2016  
**New Year's Eve**

Sunday  
 Januaray, 1, 2017  
**New Year's Day**

## Tips to Help You Get Through The Holidays with Your Sanity Intact

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**1. *Keep it Simple.*** Be realistic about your holiday commitments. If you are over-extended, something will give...usually your temper. Know your party (and alcohol) tolerance. Have a party plan that works for you. RSVP to the ones you can enjoy and, when possible, avoid the ones you won't. Arrive late, leave early, and bow out when you are not enjoying yourself.

**2. *Avoid Unnecessary Conflicts.*** There will be conflicts, some necessary, some not. Put your energy into the necessary conflicts. Avoid the small conflicts. Pick your battles and a conflict resolution method (listed below) you can use when (tried and true) you get frustrated or angry.

*A. Respond from a place of peace*

*B. Acknowledge and elaborate*

*C. Be willing to step away without disrespect*

**3. *Schedule appointments with your trusted outside professional.*** Your therapist, your doctor, your financial planner, your spiritual adviser, your mediator, and your lawyer are all professionals who can assist you.

**4. *Schedule appointments with your really trusted personal professionals.*** Your hairstylist, your manicurist, your personal trainer, your massage therapist, your golf partner, and your best friend. Going into the holiday season with your professional appointments set will ensure their availability and your sanity.

**5. *Surround yourself with "trusted and safe" people.*** Have your "go to" person on speed dial for

those times when your self control fails and the biting words just keep spilling out of your mouth... Even when your brain is saying Stop. Stop. Stop.

**6. Share your experience, strength, and hope.** Find those who have similar life circumstances and may be struggling. Tell them in a general, caring way, about yours. It is a wonderful feeling when you see how your experiences, good and bad, can benefit others.

Sending You Our Very Best Wishes for a Wonderful Holiday Season filled with Peace, Joy, and Happiness!

*Warmest Regards & Merry Christmas,*

Brigid Duffield

The Law Office of Brigid A. Duffield, P.C.  
1749 S. Naperville Road Suite 201  
Wheaton, IL 60189  
Brigid@BrigidDuffield.com  
[www.BrigidDuffield.com](http://www.BrigidDuffield.com)  
630-221-9300

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Suite 201, Wheaton, IL 60189

4/19/2017

Happy Holidays from the Law Office of Brigid A. Duffield, P.C.

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