

Welcome to the 2020 holiday season! "Normal" and "by the book" are not words that will live in our memory of Christmas 2020. This year I was going to be minimalist...ok, do nothing for the holiday, but my neighbors have been going all out. Our street is beautifully decorated and festive. I did not want to be perceived as the 'Sad Widow Duffield', so I put up my Living Room Tree. I light it every night and every morning...for me, yes, but also to be a part of my community. This year holiday preparations are different. For some, minimal and for others, never ending. And whatever your choice, it may still create stress, pressure and conflict.

We hope you enjoy and perhaps apply these Holiday Season Sanity Savers, 2020 Edition! The Goal: maintain serenity and emotional balance in the midst of turmoil, and to give you and your loved ones tools to help you feel saner, safer, and happier during the holidays - and perhaps all year long!



Holiday Season Sanity Savers: ***2020 Edition***

1.Say "Yes" or "No" and Mean It. Saying "No" ..with no explanation or follow up is hard to do. It may be the best gift you can give yourself and your family, especially if you tend to say "Yes" just to keep the peace or get the conversation over with. Your patience may be already stretched thin going into the 2020 holidays so being selective and realistic about the holiday commitments you do make will go a long way to maintain your relationships.

2.Stick to Your Budget. *Credit Card Control* , not *Chaos*...it's easy to spend credit card "money". In 2020 many of us have upped our credit card use because it is simple, easy, quick, immediate and socially distant. Substituting "things" instead of sharing experiences is

UPCOMING EVENTS **& LEGAL HOLIDAYS**

December 24, 2020
Thursday
Christmas Eve

December 25, 2020
Friday
Christmas Day

The Christkindlmarket
A holiday tradition goes virtual! Visit online

easy....and the post-holiday reality of the bills coming in can escape even the best of us. Whether you believe in social distancing or you don't, being creative with non credit expenditures, such as virtual opportunities like sharing tree decorating, holiday baking, or viewing holiday lights can give comfort to those who are lonely or afraid. Sharing love...and memories in any form is a gift in itself with little or no cost.

3.Set aside your differences. Family members (and our) assets and liabilities are in full view during the holidays. We often don't meet someone's expectations. Be gentle, sensitive and awake. The holidays are NEVER perfect or like they were last year and will never be ever back to "normal" (and it may even be better if they're not!) Separate the person and personality from the problem.

4.Go easy on the addictions. "It's the holidays! It's a celebration! It's a perfect time to shop, eat, drink, drug and be Merry!" Or, "It's the holidays...I'm alone and depressed. It's the perfect time to shop, eat, drink, drug and be Sad." That trap has a bottomless pit. Many of our usual coping mechanisms are unavailable, and addictions can be a go to and appealing escape from reality. Being mindful about our level of power or powerlessness over these behaviors. It may be a bad time to do anything which impairs our judgment.

5.Get out of ourself and be of Service. This year we are all bombarded with charitable requests. Our circle of family and friends may include those who are suffering, specifically the homebound, the elderly, friends confined to their rooms in nursing homes and the mentally ill. A card, a call and a laugh, a token gift and a prayer go an amazing way to brighten someone's holiday...especially those who have it worse than we do and maybe can't put up a tree in their living room.

6.Schedule appointments with your trusted personal professionals. Self-care is important year-round, and vital to maintaining your sanity around the holidays! Your hairstylist, massage therapist, manicurist, doctor, therapist, spiritual advisor, financial planner and lawyer can assist you in their respective areas of expertise. Set those appointments if you feel the need - doesn't matter if they're masked up and socially distanced in person, or in a virtual environment!

7. Bonus Simple Suggestions

- A.. SSS - Stand Back, Shut Up and Smile
- B. PPP - Pray, Pause, Proceed
- C. KISS - Keep it Simple, Sweetie
- D. WAIT - Why Am I Talking?
- E. LLL - Listen, Listen, Listen
- F. GOD - Good Orderly Direction

at Christkindlmarket
through December 31, 2020

December 31, 2020
Thursday
Official End of the Year

January 1, 2021
Friday
Happy Happy New Year!



To check out more tips
for conflict resolution
and read additional
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*"What is Christmas? It is tenderness for the past, courage for the present,
and hope for the future." - Agnes M. Pahro*

***The Law Office of Brigid A. Duffield, P.C. wishes you
a Joyfilled, Peaceful and Memorable 2020 Christmas,
and a very Hopeful, Healthy, and Happy New Year!***

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