



Welcome to the 2021 holiday season! A tentative return to "the good Old ways" include the whirlwind of shopping, gift-giving, holiday parties and family gatherings, some in person, some virtual.

This year's holiday season, which is rapidly approaching and quickly fading, may not "Norman Rockwell" bliss for many of us. Challenges may come in the form of the loss of a spouse, parent, or child, a friend, a colleague, a divorce or separation, economic hardship, or medical issues. This holiday season may feel far less than a "Wonderful Life".

We hope that this list of "Tips to Help You Through the Holidays" will help you maintain a sense of peace and serenity and humor in the midst of possible sadness, turmoil or just plain cra-cra. (They work year round too and more can be found on our website, www.brigidduffield.com!)

Tips to Help You Through the Holidays

(and keep your sanity intact!)

1. Keep it Simple. Be realistic about the commitments you make in conjunction with the holidays. If you over-extend yourself, something will give...usually your temper or twisted humor. Appreciate your tolerance for parties and gatherings and have a plan that works for you. RSVP to the ones you know you'll enjoy, and when possible, avoid the ones you won't. Set an "attendance" schedule for yourself: arrive late, leave early if you're inclined, and make sure to bow out if you're not enjoying yourself. Set an alarm on your phone to do a "check in" so you don't overstay your ability to manage the situation.

2. Avoid Unnecessary Conflicts. There are bound to be conflicts. Some may be necessary, but many (most?) may not be. Your energy is best placed in the necessary

UPCOMING EVENTS

Christkindlmarket
A holiday tradition is
back in person for 2021!

Visit their website for
locations and hours:

Christkindlmarket

December 24, 2021
Friday
Christmas Eve

December 25, 2021
Saturday

conflict and avoid the small conflicts. In other words: pick your battles. Brush up on a conflict resolution method you can use when (NOT if) you find yourself getting frustrated or angry or dealing with someone who is just a bit off the chart.

3. Set aside your differences. Family members' (and our) assets and liabilities are on full display during the holidays. We often don't meet someone's expectations, they don't meet ours. Be gentle, sensitive and awake. As much as we might wish it otherwise, the holidays are not going to be perfect or like they were last year and will never be back to "normal" (and it may even be better if they're not!) Separate the person and personality from the problem.

4. Share your experience, strength and hope. Find those who have similar life circumstances to yours and who may be struggling. Encourage them to share their stories and struggles with you, and tell them in a general, caring way, about yours. It is a wonderful feeling to make that connection and see how your experiences, both good and bad, can benefit others - and yourself in the process of sharing.

5. Schedule appointments with your trusted personal professionals. Self-care and wellness are important year-round, and can be especially vital to maintaining your sanity around the holidays! Your barber, 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!

Bonus Tip: My own 2021 favorite, "*Be Brief, Be Good, Be Gone!!!*" (Thank you DJ Tryba!)

Christmas Day

December 31, 2020

Friday

Official End of the Year

January 1, 2022

Saturday

Happy Happy New Year!



"The best Christmas gift is to

realize how much you already have." - Unknown

The Law Office of Brigid A. Duffield, P.C. wishes you a Christmas filled with Peace and Joy, and a very Healthy and Happy New Year!

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