

## The Twelve Mays of the Holidays

May you learn to plan for the Holidays. Planning makes the holidays easy to enjoy. Disorganization and projects that are too ambitious cause stress, worry and confusion.

May you learn to recognize your limitations and those of others. The joy of the Holidays is simply sharing simple things with those you love. Don't expect perfection in situations and people.

May your outlook be positive. Look for the good things. Avoid critics and criticism. The attitude of Scrooge belongs in the pages of the Dickens novel.

May you be tolerant and forgiving. Many others are stressed at this time. Try to understand how others may be feeling and do your best to overlook their shortcomings.

May you learn how to play during the Holidays. Don't do all the work. Recruit family members and friends to help. Make time for the things you enjoy.

May you learn how to relax during the holidays. Take little sojourns that belong only to you. Use some quiet time to escape from obligations that stress you out. Avoid using alcohol, drugs or excess food to cope with holiday stress.

May you remember to take care of yourself. Exercise. Avoid excessive use of alcohol or caffeine. Use moderation in all that you do.

May you learn to reach out if your are in need. If the Holiday stresses become too cumbersome, share your feelings and concerns. Telling someone will be the greatest Gift you can give yourself.

May you not overindulge in holiday spirits. If you do, don't drive. A happy holiday season can suddenly turn into a nightmare because of drunken driving.

May you leave the stuffing for the Holiday turkey. Exercise good eating habits throughout the holiday season so that when the holiday fixings become irresistible, You won't do as much damage.

May you never forget the true meaning of the holiday...Peace on earth and good will to all.

From: Journey of Hope, Louisiana Alliance for the Mentally Ill.