



The holiday season is upon us! As much fun as the whirlwind of holiday parties, activities and gift-giving can be, they also generate a lot of stress and pressure.

Here are 'Seven Sanity Savers' for Your Holiday Season - we hope these tips will help you maintain your joy and inner peace and give you tools to help you and those you love feel more sane, safe, and serene throughout the holidays - and into the coming year!

### *Seven 'Sanity Savers' for Your Holiday Season*

**1) Just Say "No".** Be realistic about your holiday commitments. You don't have to go to every event. RSVP to the events you can enjoy, and steer clear of those you won't. Know how much party (and everything that goes with it) you can tolerate, and plan accordingly.

**2) SSS - Stand Back, Shut Up & Smile.** For some people, spending time with family at the holidays can be enriching and rewarding. For others, the combination of the family and the holidays just amplifies their stress. Try to be aware of the triggers that may cause you to regress to old, non-productive patterns of behavior, like forgetting to keep your mouth shut! Bring your best adult self to the family gathering and Smile, Smile, Smile

**3) Practice the Pause.** Pause before judging. Pause before assuming. Pause before accusing. Pause whenever you're about to react. The goal is to avoid doing and/or saying things you'll later regret. Remember, you may not be able to control things that go on around you, but you can control how you react - and avoid frustration, anger, and unnecessary conflicts.

**4) In transition? Embrace a "new normal".** Holidays can be challenging during the best of times, and even more so during times of transition. If your family situation has changed in some way — whether through divorce or loss of a loved one — be open to new and different ways of celebrating the holidays

### **Events Calendar**

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**December 17, 2018**

**Lawyers Lending a Hand  
Annual Toy Drive  
Toy Sorting**

DCBA Classroom  
126 S. County Farm Rd.  
Wheaton, IL  
5:00 pm

**Contact:**

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Mon-Tues  
December 24-25, 2018  
**Christmas Eve/Day  
DuPage Courts Closed**

Monday  
December 31, 2018  
**New Year's Eve**

Tuesday  
January 1, 2019  
**New Year's Day  
DuPage Courts Closed**

this year. Start new traditions for yourself and those you love and care about.

5) ***Don't get Trapped!*** Plan to have a "safe person". Be sure it is someone who will support you if a conversation turns sour. If they cannot be with you in person, have them on phone standby! And have an exit strategy if one is needed. "Thanks, it's been a lovely evening" is always a good go to!

6) ***Schedule appointments with your trusted personal professionals.*** Self-care is important year round, and critical to maintaining your sanity around the holidays! Your hairstylist, your massage therapist, your manicurist, your doctor, your therapist, your spiritual advisor, and your lawyer can all assist you. Set those appointments as needed.

7) ***Practice your one liners.*** Anticipate that you may need to deflect some negative comments. Our favorite, (and it is a sign on my desk) is "Perhaps you're right", That's an interesting opinion or I need to wait on this until I have more information.

The holidays are about connecting with the people you love and letting them know how much they mean to you. Remembering to be grateful for all that we have and for finding it in our hearts to be understanding and kind to our loved ones - even when they try our patience may bring you joy beyond your wildest dreams!

Merry Christmas from all of us to you and yours!!!



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*"Peace on Earth will come to stay, when we live Christmas every day."  
Helen Steiner Rice*

***The Law Office of Brigid A. Duffield, P.C. wishes you a Wonderful Holiday Season filled with Peace, Joy, and Happiness!***

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