

Welcome to the holiday season! The whirlwind of parties, concerts, decorating, shopping, and wrapping seems to be never ending and in a short holiday season can generate stress, pressure and conflict.

Enjoy and use these "Sanity Savers" for Your Holiday Season. We hope these tips will help you maintain serenity in the midst of possible turmoil...and give you and the people you love some additional tools to feel saner, safer, and happier during the holidays - and perhaps all year long!



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

**1. Just say "Yes" & "No".** Be realistic about your holiday commitments. You don't have to go to every event. Say 'Yes' and RSVP to the events you can enjoy, and Say 'No' and steer clear of those you won't. Know how much holiday cheer you can reasonably tolerate, including everything and everyone that goes along with it...and plan accordingly!

**2. Know when to say when.** Despite your best intentions and most positive coping tools, you're bound to encounter situations that might baffle you and would try the patience of Mother Teresa. Overbearing relatives, a snarky ex-spouse, over-stimulated and over-excited kids (yours or others) and pets can try our \_\_\_\_\_. Sometimes, the healthiest course of action is retreat. Take care of yourself, whether it's to leave early, or even stay away altogether and see # 5 below.

**3. Separate the person (people) from the problem.** Family members and especially ex's know your hot buttons and they know just how and when to push them to get under your skin and to leave you acting as less than your best self. I recently heard someone say that was true because "They installed them!" Our instinct is to confront immediately. When possible, hit your 'pause' button. **Breathe.** Invite the other person (don't demand!) to explain their point of view further with no judgment. Better still, change the subject!

**4. Go easy on the alcohol!** It's the holidays! It's a

## **UPCOMING EVENTS**

### **Through December 19** **Lawyers Lending a Hand Toy Drive**

Christmas is about the kids! The annual Lawyers Lending a Hand Toy Drive is going on RIGHT NOW! New, unwrapped toys may be dropped off at the Bar Center or the ARC through 5:00 pm, on Thursday, December 19. At that time, volunteers will meet at the DCBA Bar Center to sort all the toys that have been collected for distribution to various organizations around the county.

### **Deliver donations to:**

DuPage County Bar Association  
126 S. County Farm Rd  
Wheaton, IL

### **To volunteer, contact:**

Edna Wollenberg  
ednawollenberg@yahoo.com  
630-668-2415

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celebration! What a perfect time for a cocktail! Or is it? And there is lots of it around. A 2018 survey of Americans found that the average person will consume more than double their normal intake of alcohol between Thanksgiving and New Years! Alcohol lowers inhibitions, disrupts the decision making process and distorts the present moment with historical ones. It's easy for thoughts you've been keeping (wisely and sanely) to yourself to creep out or explode at the worst possible time and usually in front of the last person you would like to show that side of yourself to. Choose to moderate or abstain as you see fit based on the particular situation. Non-alcoholic options are great and really, no one knows or cares what you drink!

**5. Schedule appointments with your trusted personal professionals.** Self-care is important year-round, and critical 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 areas of expertise as you deem necessary. Set those appointments as needed.

**6. Avoid the C's.** Criticism, Complaints, Condemnation and Crisis. Don't fight every fight. You won't win every argument. What better time than Christmas to focus on the other C's, and keep things, Cheerful, Cordial and Calm?!



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*"I will honor Christmas in my heart and try to keep it all the year." - Charles Dickens*

***The Law Office of Brigid A. Duffield, P.C. wishes you a positive, productive, and conflict-free Christmas, and a very Happy New Year!***

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**Legal Holidays**

DuPage County Courts  
Closed

December 25, 2019  
January 1, 2020

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**January 4, 2020**  
**Judges Night Cast/Crew**  
**Kickoff Meeting**

DuPage County Bar  
Association  
126 S. County Farm Rd  
Wheaton, IL  
12:00 pm

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