

Episode 1 Notes: Making it thru the holidays

Here are some I've thought of but you probably have a few that need to be asked:

1. Why do these issues seem to get overlooked during the holidays?

2. Review top responses:

- Expectations: real and perceived
- Death of a loved one: first year or 10th year w/o them
- Loneliness and depression
- Comparison
- Family Dynamics (strained relationships)
- Finances

Helpful articles:

“10 Tips for Surviving the Holidays”

<https://www.psychologytoday.com/us/blog/life-without-anxiety/201212/10-tips-surviving-the-holidays>

“Surviving the Holiday season in the midst of grief”

http://www.karlahelbert.com/surviving-the-holiday-season-in-the-midst-of-grief.html?fbclid=IwAR10EZRH0fE71tEzdsMdz6tY4fk-tNpPykBjW-DJeC_audhN41--rf0N7Dc