

HELLO EVERYONE!

# 'TIS THE SEASON

THE HOLIDAYS ARE QUICKLY APPROACHING, AND AS A MOM OF TWO, THIS BRINGS DICHOTOMOUS FEELINGS OF EXCITEMENT AND DREAD. EXCITEMENT-FOR THE QUALITY TIME WITH FAMILY AND GETTING TO EXPERIENCE THE HOLIDAY MAGIC THROUGH THE EYES OF MY SONS. DREAD- FOR THE INCONSISTENT ROUTINES, SHORTER NAPS, DAYCARE CLOSURES, INCREASED SWEETS, AND ADDITIONAL HOLIDAY ACTIVITIES WHERE THERE IS OVERSTIMULATION, MORE SWEETS, AND PRESENTS! NOW, BEFORE YOU GO THINKING THAT I AM THE GRINCH-HERE ME OUT! THE NOVELTY OF EXPERIENCING HOLIDAY MAGIC ONCE AGAIN AS A CHILD FILLS ME WITH JOY, LAUGHTER, AND LOVE. THOSE MEMORIES ALONE ARE WHAT FUEL MY PATIENCE, PRESENCE, AND GRACE GIVEN TO MY BOYS IN THE MOMENTS OF CHAOS.

AS A CAREGIVER, FOR A PERSON WITH DEMENTIA, WHEN FACED WITH THE SAME CHALLENGES- INCONSISTENT ROUTINES, SHORTER NAPS, DAYCARE CLOSURES, INCREASED SWEETS AND ADDITIONAL HOLIDAY ACTIVITIES WHERE THERE IS OVERSTIMULATION, MORE SWEET, AND PRESENTS- EVOKES THE SAME DICHOTOMOUS FEELINGS OF EXCITEMENT AND DREAD. HOWEVER, I CANNOT HELP BUT WONDER-WHAT FUELS THE PATIENCE, PRESENCE AND GRACE FOR CAREGIVERS? IF MY FUEL IS THE MEMORIES CREATED BY HOLIDAY MAGIC, WHAT HAPPENS WHEN THOSE MEMORIES CAN NO LONGER BE MADE OR HAVE BEEN FORGOTTEN?

AMBIGUOUS GRIEF IS OFTEN HARD TO IDENTIFY. IT FEELS LIKE A DETACHMENT FROM THE PRESENT MOMENT, WHILE LIVING IN A CONTINUAL STATE OF LITTLE LOSSES, THAT UNRECOGNIZABLE AT THE TIME, ADD UP TO GROWING FEELINGS OF ANXIETY, FATIGUE, DISPLEASURE, AND DISINTERESTED IN PREVIOUSLY ENJOYED HOLIDAY TRADITIONS. THIS TYPE OF GRIEF IS COMMONLY EXPERIENCED IN CAREGIVERS!

## YOU ARE NOT ALONE!

NOW IS THE TIME TO TAKE CARE OF YOU! CREATE A PLAN FOR SELF-CARE AND SHARE WITH A FEW CLOSE FAMILY MEMBERS OR FRIENDS. THE TASKS OF CAREGIVING DURING THE HOLIDAYS ARE HARD ENOUGH, MAKE SURE YOUR "CUP IS FULL" BEFORE POURING INTO THOSE YOU CARE FOR.



### Physical

Decorate for the holidays while dancing to your favorite classics

[Holiday Chair Yoga for Beginners and Seniors](#)

[Holiday de-stress stretching](#)

[Box breathing](#)

### Emotional

Journal

[Guided meditations](#)

Bake cookies with a friend or family member

Decorate holiday cards

### Mental

Professional counseling

Schedule your annual physical

### Spiritual

Participate in your faith-based services and ministries  
Reach out to your faith-based organizations outreach center to inquire about respite opportunities or companions for the person you are caring for to get a break.

Listen to faith-based music or podcasts



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Happy Holidays!