Holiday Survival Guide

The holidays are an exciting time, often including catching up with family and friends, parties and lots of great food. For some, however, the holidays can be a time of great physical and emotional difficulty. Some caregivers might feel extra pressure for things to go just right; others feel the weight of things gone wrong in the past. No matter how you are heading into this holiday season, remember that you are not alone!

Here are a few suggestions for your holiday self-care toolkit:

1. Do something for self-care BEFORE events that might be stressful.
   Get up early for a solo cup of coffee, take the dog out for a walk, hit that snooze button an extra time and let the kids watch cartoons while you read. Find a way to set yourself up with a clear mind and healthy outlook.

2. Set up a “plan B.”
   Whether written, thought of or talked out with a partner or support person, it is important to have a plan if things get difficult. For example: If ___, I will respond with ___/go find ___/call ___/leave. Thinking ahead will allow you to respond to difficult situations, rather than falling back into old family patterns.

3. Get the kids involved!
   They might be feeling some stress, too. Make time for them to talk, draw or write about their feelings. Talk through the plan with them so they know what to expect.

These things are simple, but they are not easy! Give yourself grace, and just keep doing the next right thing.

Wishing you and your family a happy, healthy and fun holiday season!

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CAREGIVER’S CORNER

Children’s Program Alumni Weekend at the Betty Ford Center | November 8-10

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Event Highlights

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We’re Not Alone

Remember if you ever need us, please reach out. We’re here for you.

**California Team**
- 760-773-4291
- ChildrensCA@HazeldenBettyFord.org

**Colorado Team**
- 303-745-2275
- ChildrensCO@HazeldenBettyFord.org

**Minnesota Team**
- 651-213-4470
- ChildrensMN@HazeldenBettyFord.org

**HOLIDAY HOTLINE**
Extra support is available during the holidays from Friday, December 20-Sunday, January 5.

**Call 760-773-4291**
If a counselor isn’t available when you call, please leave a message with your name and phone number and someone will get back to you as quickly as possible.

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The holidays are Beamer’s favorite time of the year. Colorful decorations, bright lights, Moo Moo’s awesome pancakes and presents to unwrap.

Beamer will spend lots of time with Mom and Grandma. They’ll watch holiday movies, drink hot chocolate and play games. Beamer is so happy that T&R will be with them.

Beamer hopes to spend time with his dad, but he’s not sure. Dad is still trapped. No matter what happens, Beamer can share his thoughts and feelings with safe people. If he needs help, he will reach out to Moo Moo, Mom, Miss Light or even Dr. Watts. Beamer is not alone.

Have fun and reach out to safe people if you need help.

Happy Holidays!
How can I help a friend who is going through the same thing as me?

Awesome question! Thanks for asking. To help a friend going through the same thing you are:

1. Listen to their story. They may be going through the same thing, but they may have different feelings than you.
2. Show them they are not alone and they can talk to you.
3. Share your story, if you feel comfortable. You can let them know that you have a loved one who is or was trapped by addiction. Maybe sharing your feelings with your friend can help them feel comfortable in sharing theirs with you.
4. Tell your friend to talk to a safe adult, like a counselor or a family member.

Starting with each letter of Beamer’s name, think of words that remind you of him! For example, “B” is for “brave.”

B E A M E R

Q: What did the paper say to the pencil?

A: Write on!

How she has fun: Going to hockey games
Favorite food: French fries
Super hero she would like to meet: Iron Man
What makes her happy: Travel