

Make Your Holiday Present Awesome

We can't change our holidays of the past. Our holiday of the future is unknown. Make your holiday present awesome.

The holidays provide us with a great time to enjoy family and friends. Some may be spending this time alone or far from home. But no matter where you are or who you are with, the holidays provide you with a unique opportunity to focus on important relationships.

Before you meet your family and/or friends this season, take a few moments to sit quietly and acknowledge what you wish they were like. Then prepare to accept them even if they behave as they have always done in the past. Whatever the situation, accept that you can control only your own thoughts and actions this will help you manage the visit.

For those who may want to start a new tradition. Make the season a little brighter for others. Giving back is a great thing to do: We've found 2,722 volunteer opportunities near Downey, CA. <http://www.volunteermatch.org>

- Invite an elderly neighbor or someone who lives alone to join your celebration
- Deliver a meal to a family in need
- Write a thoughtful note to someone special
- Volunteer at a soup kitchen
- Send a care package to someone in need
- Visit hospital patients or retirement homes
- Foster a dog or cat

Spending time with people who are alone and/or in need is a great way to make this holiday a pleasant memory.

If you are having a hard time this holiday season and want to talk to someone confidentially, EASE counselors are available at (800) 882-1341.



“Strength is the courage...to reach out!”