

## 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!

# CAREGIVER'S CORNER

## Event Highlights

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



## You're Not Alone

### We Want to Hear From You

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

#### California Team

760-773-4291

ChildrensCA@HazeldenBettyFord.org

#### Colorado Team

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ChildrensCO@HazeldenBettyFord.org

#### Minnesota Team

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*The Hazelden Betty Ford Foundation is a force of healing and hope for individuals, families and communities affected by addiction to alcohol and other drugs.*



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News and Activities from Your Friends at the Children's Program

# Beamer's Buddies

WINTER 2019

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

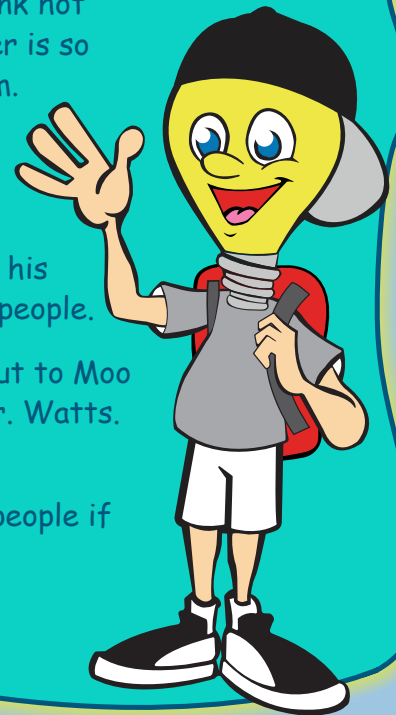
Beamer will spend lots of time with Mom and Grandma. They'll watch holiday movies, drink hot chocolate and play games. Beamer is so happy that T&R will be with them.

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!



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# Express Yourself

Creative Works by Children's Program Kids



## Just for Fun Beamer Poem

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** \_\_\_\_\_



# Ask the Counselor

Answers to Your Questions about Addiction & Other Stuff

**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.

## Get to Know Cynthia

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



Q: What did the paper say to the pencil?

A: Write on!

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