

Holiday

Survival

Kit

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Suggestions for a Safe and Happy Holiday Season!

Do special things for
others – but take care
of yourself, too!

Happy
Holidays!



Holiday Bill of Rights



You have the right to take care of yourself - eat right, exercise regularly and get enough rest and relaxation.



You have the right to feel mixed-up emotions around the holidays; happy, sad, frustrated, afraid and thankful.

You have the right to spend some time alone thinking, reflecting and relaxing.

You have the right to say no to dinner party invitations.

You have the right to ask for help and support from family, friends and community service agencies.

You have the right to say no to alcohol and drugs . . . and seconds on dessert.

You have the right not to ride with a drunk driver, to take their keys away, and to call a taxi for them.

You have the right to give presents that are within your holiday budget.

You have the right to smile at angry sales people and/or rude drivers and give them a *peace* of your mind.

You have the right to enjoy your holiday the way you want!

Checklist for Holiday Planning

Holiday planning can be a breeze if you know how to establish priorities. The list below can help!

CROSS OUT all the items on the list of holiday activities that are **NOT** things you do regularly.

ADD any extras in the blanks provided.

GIVE EACH ACTIVITY a number in order of its importance to you, BEGINNING with 1 for the most essential. **LIMIT** the final number to about 20.

Take a **REALISTIC LOOK** at your time and energy...then, to the rest of the items, say **MAYBE NEXT YEAR!**

Attending:

- Religious celebration
- Community Christmas Tree Lighting (or other event)
- Kids' church programs
- Parties
- Caroling
- School concert
- School program
- _____
- _____

Baking:

- Cookies/Candy
- Food gifts
- Take-along dishes for parties
- _____
- _____

Charitable Activities:

- Contributing toys or goods
- Food pantry donation
- Volunteering other services
- _____
- _____

Decorating:

- Inside the house
- Outside the house
- _____

Entertaining:

- Holiday brunch

- Holiday dinner
- Christmas Eve dinner
- New Year's Eve celebration
- Other parties (list)
- _____
- _____

Gift Giving:

- Immediate family
- Your parents, and in-laws
- Sisters and brothers
- Nieces and Nephews
- Closest friends
- Neighbors
- Other relatives
- Co-workers
- Your boss
- Service People (teachers, mailman, newspaper, etc.)
- _____
- _____

Greeting Cards:

- Writing notes
- Preparing special printed letter
- Mailings to business assoc.
- Out-of-town people only
- Everybody
- _____
- _____

Making:

- Gifts
- Holiday cards
- Interior Decorations
- Exterior Decorations
- Table centerpiece
- Ornaments
- Wreaths
- _____

Taking Children:

- See Santa
- Shopping
- Theatre or ballet
- Outdoor light displays
- _____

Travelling:

- To Friends or Relatives
- On vacation
- _____

Tree:

- Buying
- Trimming

Visiting:

- Friends
- Relatives
- Hospitals
- Nursing Homes
- Neighborhood decorations

Healthy Holiday Gift Tips

The emphasis is on a healthy life-style these days...exercising, eating right and how to manage stress. There may be someone in who is diabetic, or you may not know what to get Grandma or Grandpa who are living in a nursing home. Here are some holiday gift giving ideas.

Healthy Choices

backpack or fanny pack
water bottle
books:
low calorie cooking
low sodium cooking
stress management
humorous
spiritual growth
certificate for a massage
cooking classes featuring healthful foods
digital kitchen scale
exercise mat
exercise apparel gift certificates
first aid kit
membership in a health club
smoke detector
humidifier/vaporizer
portable CD player
exercise DVD's
weekend at a health spa
herbal teas
herbal garden
subscription to health or fitness magazine
Sports equipment (weights, jump rope, sports bag, goggles, bicycle helmet, etc)
fresh fruit basket



Elderly Gifts

Cotton socks
Cuddle duds, long underwear
lap quilt
large-type subscription to Guiding Post, Reader's Digest
large-type Find-a-Word puzzle books
poinsettia
scrap book with family pictures
large number picture calendar
Safety footie socks
gift basket with lotions, soaps
food gift basket of non-perishables so they have something to share
homemade cookies, breads to share
homemade coupon book with chores or outings they can redeem with you throughout the coming year

THE SOBERING FACTS OF
DRUNK DRIVING
IN WISCONSIN

You lose your license immediately

T You lose time from work for your court date, your assessment, and your lawyer visits.

T Mandatory OWI assessment - \$100 to \$175

T Court costs and fines - a minimum of \$250 to \$500

T Possible loss of your job

T Possible mandatory inpatient or outpatient alcohol treatment - \$500 to \$15,000

T Cost of occupational license

T Increase in cost of car insurance or cancellation.

T Jail time at a daily cost to you

T Stress and inconvenience to others in your life

T Publication of your arrest in local newspapers.

HOLIDAY BLUES

How to Survive the Holidays

Has the holiday season arrived without you? Since we cannot control the season's arrival, it is not unusual for adults to feel out-of-synch with the holiday crowd. These tips might help you pick up your spirits and see you through.

Start New Traditions

Since the carrying on of tradition is one of the hallmarks of the holidays, you might feel most acutely sad if it is not possible to carry out some of your usual traditions. If you have recently lost a loved one, if the holiday season is the anniversary of such a loss, or if your living situation has changed in the past year and you are away from loved ones, remember that you can start new holiday traditions. They may not seem like much at first, but if you are able to repeat them over the next few years, they will begin to feel comfortable.

Participate When You Can

If you are feeling blue, it is difficult to have much enthusiasm for social expectations such as gift-giving or party-going. Participate at a level that feels comfortable to you, but try not to isolate yourself entirely. A little participation might pick up your spirit.

Take Care of Yourself

Holiday media messages can be overwhelming at the height of the season. This might be a good time to spend evenings with a good book or quiet music

instead of watching television. Write letters to friends and loved ones instead of sending cards. By staying involved in some activity, you might find your mood lifting a little.

Volunteer Your Time

There are many social service programs for people in need over the holidays. Taking time to participate, if only for a few hours, can be a good way out of the holiday doldrums and help bring season's greetings to others.

Talk Things Out

Many adults experience holiday blues. If you are not able to compensate for it in some other way or feel that the blues might be drifting into depression, get professional help through your physician or your community mental health agency.



Quick-Fix Stress Management

All year around!

Deep Breathing

Works to relax all systems affected by stress

Cardiovascular - drops blood pressure and heart rate

Digestive - diaphragm moves and massages digestive organs (three deep breaths recommended before eating to signal digestive system to begin working).

Muscular Tension - the exhale signals muscles to relax.

Brain Power - increased oxygen results in increased ability to concentrate and think more clearly

1. **Sit** in a comfortable position - allow your shoulders to relax.
2. **Close** your eyes.
3. **Take** all those busy thoughts and do your best to **leave** them outside your door.
4. **Focus** on yourself.
5. **Exhale** completely - chest and abdomen area will collapse and fall inward,
6. **Inhale** slowly through your nose making the abdomen rise. Chest, rib cage and shoulders should not move at all. Only the abdomen swells as the lower lungs fill with air. In this type of breathing the stomach goes out to inhale and is sucked in to exhale.
7. Sequence is as follows:

Inhale slowly to the count of 4
Hold to the count of 4
Exhale slowly to the count of 8

8. Practice for 3 to 10 cycles.
9. When this feels comfortable to you, you can practice it as you sit, stand or walk.

Deep Breathing is especially helpful:

Before meals

Before bedtime - helps you to sleep

Anytime you feel stressed out!!

Young at Heart



Enjoying your Golden Years

Perhaps you have looked forward to your retirement years with mixed feelings. But as they now approach, there are things you can do to replace some of your doubt or dread with fact and positive action. An average retiree can plan to live 14 to 16 years past retirement. Many live 20 and more years. You will want to live those years with all the health and happiness you can. How can you keep your golden years glistening?

Secrets of a Long Life

Research finds the following common characteristics among long lifers: they eat a **healthy diet**, are **physically active**, know how to **work hard**, but prudently **manage their stress** positively, follow their body's intuition, do **not abuse alcohol or drugs**, are **optimistic**, **spiritually alive**, **socially and intellectually active** and tend to **live orderly lives**. They also tend not to be worriers, have a **strong sense of purpose in life**, and **enjoy laughter**. They do not consider themselves old and used up.

Building Your Golden Years

Use your time now to build a healthier and happier life. Your **diet is healthiest if low in fat, salt and sugar, and higher in fiber, low-fat dairy products, fruits, vegetables and complex carbohydrates**.

Walking is the safest and easiest form of exercise. If the weather is bad, walk in a mall, health club or your home. Your interest in a healthy, active lifestyle can help spur your social life. Building **a full and rewarding social life with family and friends** is one of retirement's great opportunities. When you worked, you could not easily meet old friends for coffee and stay out late at a dance. Now you can take the time to **have fun and sleep late**.

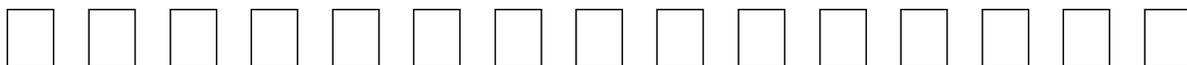
You can also take time to **develop your skills and talents**. Perhaps you will focus on **completing some goals** for which you have **no time until now**. **Try to paint**, learn to play the **piano** or **write a journal**. You will enjoy the challenge and achievement, and you may develop **a wonderful gift to be shared with others**. You need not feel the fear of failure. You should select things according to the pleasure you get in trying.

You can **donate your time as a volunteer** in places that are in great need of your talents and experience. Children will love you, hospital patients will thank you, and your church or temple will grow deeper spiritually from receiving your gifts.

When to Seek Help

If you find the idea of retirement distressing, and you find it difficult to find friends or activities to brighten your expectations, **you may want professional help**. A professional counselor may help you make some major changes you may feel are needed in your life. You may need **help in accepting your situation**.

Perhaps you are adjusting to the loss of a loved one or are dealing with other life stresses that have left you depressed or distraught. Sometimes, **recognizing your need and looking for help from outside resources** can be just the boost you need to put the shine into your golden years.



Healthy **Holiday** Tips

Be Realistic about your health goals during the holidays.
Accept weight maintenance vs. weight loss

Be Active. Keep moving, even if less than usual. Take a walk or dance the night away.

Simplify. Don't feel you have to do it all. Rely on family and friends to help and share the fun.

When Eating:

Snack before you go

Don't skip meals to compensate for a party

Socialize away from the buffet table, bar or kitchen

Take moderate portions of specialty foods you really love

Take a dish to pass that you know is healthy

Watch the alcohol, try spritzers

Remember, too much sugar is more likely to rob you of energy than give you energy

Keep your perspective...occasional indulgences. Do not ruin your attempt at a healthy lifestyle

The key is to remind yourself of your overall health goals and **get right back on track after the holidays are over!**

Make the Most of Today

To realize the value of ONE YEAR
ask a student who failed a grade.

To realize the value of ONE MONTH
ask a mother who gave birth to a premature baby.

To realize the value to ONE WEEK
ask the editor of a weekly newspaper.

To realize the value of ONE HOUR
ask the lovers who are waiting to meet.

To realize the value of ONE MINUTE
ask the person who missed the train.

To realize the value of ONE SECOND
ask the person who just avoided an accident.

To realize the value of ONE MILLISECOND
ask the person who won a silver medal in the Olympics

Treasure every moment that you have!
And treasure it more because you shared it
with someone special, special enough to
spend your time with.

And remember, that time waits for no one.
Yesterday is history. **Tomorrow** is a mystery.
Today is a gift. That's why it is call the **PRESENT!**