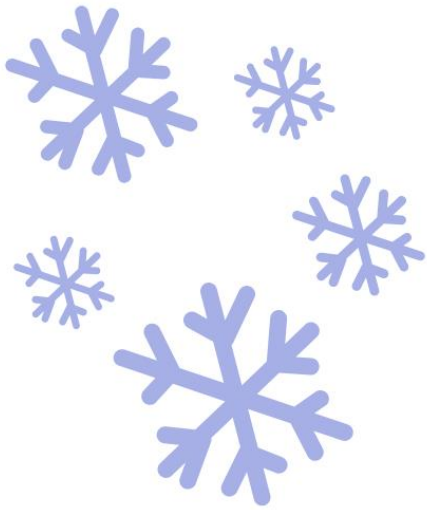




**Complied by Ka'ni Kuhli'yo Family Center -
Oneida Behavioral Health Services
2640 West Point Road, Green Bay WI 54303**

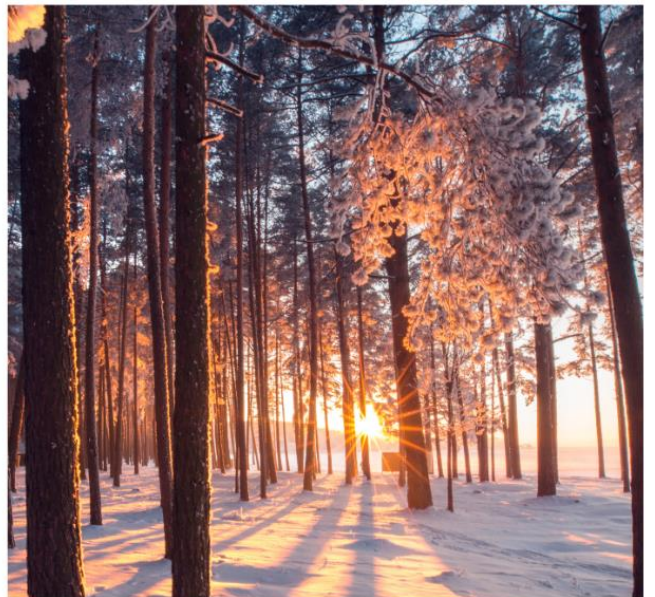
SWATU'WESKWAHT (Holiday) Wellness Kit

**Main: 920.490.3790
Toll Free: 1.888.490.2457
Triage: 920.490.3869
Prescription Refill Line: 920.490.3871
Brown County Crisis: 920.436.8888
Outagamie County Crisis: 920.832.4646**



**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 to not to ride with an impaired 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 salespeople and/or rude drivers and give them a piece 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. This 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
- Dance/Powwows
- Caroling
- School concert
- School program
- _____

Baking:

- Cookies/candy
- Food gifts
- Take-along dishes for parties
- Cook traditional meal
- _____

Charitable Activities:

- Contributing toys or goods
- Food pantry donation
- Volunteering other services
- Read stories to children, elders
- _____

Decorating:

- Inside the house
- Outside the house
- Help an elder/neighbor decorate
- _____

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 family/friends
- Everybody
- _____

Making:

- Native gifts
- Holiday cards
- Interior decorations
- Exterior decorations
- Table centerpiece
- Ornaments
- Wreaths
- _____

Taking Children to:

- See Santa
- Shop
- Theatre or ballet
- Outdoor light displays
- Cultural museum exhibit

Travelling:

- To friends or relatives
- On vacation
- _____

Tree:

- Buying
- Trimming
- Cutting own tree

Visiting:

- Friends
- Relatives
- Hospitals
- Nursing homes
- Neighborhood decorations



Healthy Holiday Gift Tips

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

Healthy Choices

- Backpack or fanny pack
- Water bottle
- Books: (low calorie/sodium cooking, stress management, humorous, spiritual growth)
- Certificate for a massage
- Cooking classes featuring healthy foods
- Digital kitchen scale
- Exercise mat
- Exercise apparel gift certificates
- First aid kit
- Membership to 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
- 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 time from work for your court date, your assessment, and your lawyer visits.



Mandatory OWI Assessment:
\$100 to \$175

Court costs and fines – a minimum of **\$250 to \$500**



- Possible loss of your job
- Cost of occupational license
- Jail time at a daily cost to you
- Stress and inconvenience to others

- Possible mandatory inpatient or outpatient alcohol treatment: **\$500 to \$15,000**
- Increase in cost of car insurance or cancellation
- Publication of your arrest in local newspapers



Ideas to enjoy the holidays without drinking:



- Plan festive activities that don't involve alcohol, such as watching holiday movies, baking cookies, volunteering, driving around to look at Christmas lights, decorating your home, hosting breakfast or ice skating.
- When attending holiday parties or gatherings, bring your own drinks such as coffee, tea, soda or water.
- Volunteer to be the designated driver.
- When with friends, renew your mindset to focus more on conversations and quality time with loved ones rather than on alcohol.



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



Deep Breathing is especially helpful:

Before meals, before bedtime (helps you to sleep) or anytime you feel stressed out!

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. Your 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.



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.

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

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

Drink tea or hot cocoa, not alcohol

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

Keep your perspective...Occasional indulgences won't ruin your attempt at a healthy lifestyle.



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 of **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 called the **PRESENT!**

