



Thriving Through the Unpredictable Holidays

By The Thrive Center

Although it's a challenge to survive the "holi-daze"—it's more of a challenge to thrive through them. However, thriving may not be as hard as it sounds. The holiday season provides an opportunity to rethink how we find meaningful connections, celebration, and the sacred in the coming weeks.

Given that this special time of year promises to be a roller coaster of emotions, schedules, and long to-do lists, we wanted to highlight a few tips on thriving and how to find some silver linings among the silver bells.

Strength-Based Agility

Continue to expect the unexpected. Be proactive and play to your strengths to create the connection and celebration you seek, but hold your plans loosely. Be agile and flexible to change, while also remaining true to yourself and your values.





Spiritual Practices

Maintain or adopt spiritual practices/rituals around the holidays. Be intentional about breaking monotony and creating meaningful, awe-filled moments.

Loss and Grief

Approach feelings of grief, loss, and disappointment with compassion and grace. There may be moments when you don't know whether to laugh or cry. Try a bit of both. Use mindfulness techniques to check in with your body and manage your emotions.

Supportive Role

Support your children and youth by helping them cope with uncertainty, regulate anxiety, and cultivate patience.

Positive Emotions

Pursue activities that will boost positive emotions like joy, gratitude, and humor to release tensions and stress.

Generosity

Keep in mind the marginalized. Make sure to spend some time and effort to extend compassion and joy to others beyond those closest to you.

