

Happy Holidays –



WAYS TO MAKE IT HAPPEN!

The difference between the holidays for a person going through fertility treatment can greatly differ from that of everyone else. During this time it is important to refocus on your family as it is now and honor yourself. Consider the following ways in which you can make your holiday a happy one.

Recognize that this is a particular, and time-limited, period of our lives. We will not always feel this way or have these particular needs, but we do right now.

Take a survey, as a couple, of what you need and what you want. Plan carefully for the holiday season. Some things you will decide not to do (you do not have to do everything that you might usually do). Some things you will do differently (go to parties or family gatherings late; leave early).

Take especially good care of your health: exercise, eat well, do stress reduction.

Use catalogues and gift certificates liberally to avoid noisy malls and “Santa’s Workshop”

Focus on your family as it is now: this is the core of your new family and deserves special recognition and nurturing. Create your own traditions and rituals. Some of these traditions will involve others (your truly favorite people: remember families can be friends and friends can be family) and may be carried forward. Some traditions will involve just your family as it currently is. For many people a get-away week or weekend is great: it allows you to limit your obligations gracefully and gives you something to look forward to.

Plan “adult only” time and activities. You might be surprised that many people with children would love and “adult only” party or lunch date.

Find new meaning for yourself: re-think hope and faith (Hope: knowing that we will not always feel this way). Do some small act that supports and affirms your hope, faith and ongoing strength: donate to a food bank or shelter; write in a journal; find a meaningful book; create your own, private celebration of your marriage.

Do something just for you at least every day!