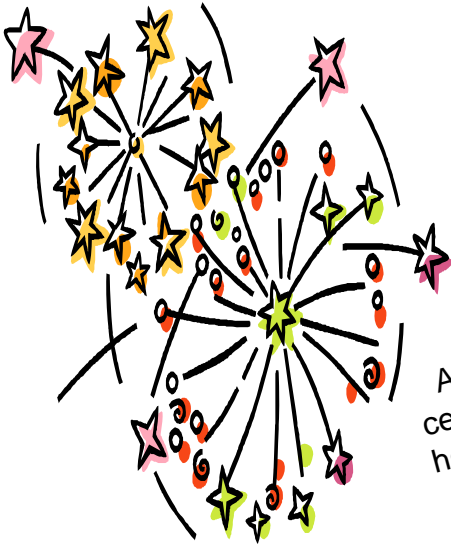
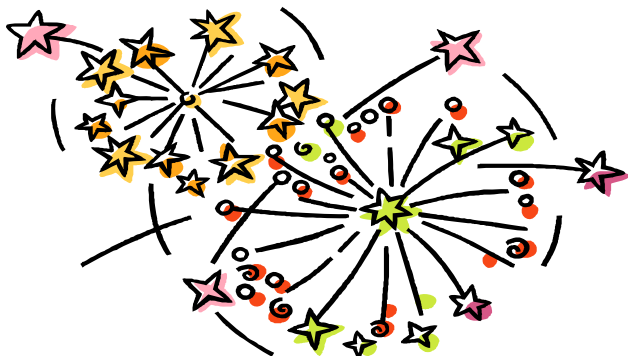


Holidays can be rough for everyone. It doesn't matter who or where you are there will always be holiday stress. Whether its planning for Christmas lists, meals, gatherings, gift buying and giving. All these plans, hopes, and wishes can cause everyone to experience the "Holiday Stress" in some form or another.



Adults and children get used to certain routines and these exciting holiday plans change that and can add stress to a large variety of people.

This was a valuable lesson to me because I began to realize that I can not control life but, I was letting it control me. There are just some things in life that we can not control. I can't control my past and I can not control other people's behaviors but I can control how I react to life's circumstances. During the past Holiday Season's I missed out on so much because I was so focused on issues that were out of my control. I had every right to feel this way but those feelings made me miss out on what the Holidays are really about. I still struggle with those feelings today that I felt when I was younger but, I do not let them rob me from enjoying the Holiday Season.



Sometimes you find the serenity and peace in the fact that it's the people and loved ones you spend the whole season with is what makes the Holidays so special.



**Family Stories Month...**

### **FAMILY begins with YOU!**

**Family Support Services would like to encourage each of you to look at this Holiday Season and find something that makes you happy. Begin a scrapbook or decorate a shoe box and put your special memories inside. That will begin your own memories of your life that you can share with your friends and loved ones in the future.**

Write a paragraph about something that makes you smile this Holiday Season and start your own family stories. Encourage others around you to take the time to recall special memories. Holidays are for sharing yourself with others and memories are for you to hang on to that no-one can take from you.



Begin this Holiday Season with your stories and sharing the reason for the season. Gathering with friends and family give us the chance to show our appreciation for what we have. A family is a group of people who are important to each other and offer each other love and support.

