



Heritage Happenings

How to Have a More Mindful Holiday Season



ORD, Neb. – Valley County Health System (VCHS) Heritage Program for Seniors knows that the holidays can sometimes be overwhelming. The hustle and bustle can easily overshadow the joy the holidays should bring.

Here are some suggestions for having a more mindful holiday season:

1. Practice active listening.
 2. Be open to the conversations around emotions.
 3. Be open to a range of emotions within yourself.
 4. Let go of things that are holding you back.
 5. Expand how you communicate care to others.
 6. Let go of judgment of yourself and others.
 7. Balance the “shoulds” with awareness of your own needs.
 8. Practice self-compassion.
- For more information about the group, please contact the Heritage Program at 308.728.4340.

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The Holidays: How to Prepare and Enjoy

The holidays can be a joyful time, offering a chance to reconnect with friends and family. But they can also be stressful and can sometimes trigger depression. You may feel pressure to buy and give gifts. Maybe you are worried about money. Maybe you have experienced a personal loss.

The holidays can also be hectic. There never seems to be enough time to get things done.

Think about the kinds of events that trigger stress for you during the holidays. Then you can focus on one or two things you can do that will help the most to reduce stress. Here are some ideas:

Preparing for the Holidays

- Know your spending limit. Lack of money is one of the biggest causes of stress during the holiday season. This year, set a budget, and don't spend more than you've planned. It's okay to tell your child that a certain toy costs too much. Don't buy gifts that you'll spend the rest of the year trying to pay off.
- Give something personal. You can show love and caring with any gift that is meaningful and personal. It doesn't have to cost a lot. Or use words instead of an expensive gift to let people know how important they are to you. Make a phone call or write a note and share your feelings.
- Get organized. Make lists or use an appointment book to keep track of tasks to do and



events to attend.

- Share the tasks. You don't have to do everything yourself. Share your "to do" list with others. Spend time with friends and family while you share tasks like decorating, wrapping gifts, and preparing the holiday meal.
- Learn to say no. It's okay to say "no" to events that aren't important to you. This will give you more time to say "yes" to events that you do want to attend.
- Be realistic. Try not to put pressure on yourself to create the perfect holiday for your family. Focus instead on the traditions that make holidays special for you. And remember that just because it's a holiday, family problems don't go away.

If you have a hard time being around your relatives, it's okay to set limits on your time at events and visits.

During the Holidays

You may not be able to avoid stressful situations during the holidays. But you can plan to respond to them in a healthy way.

- Take breaks from group activities. Pay attention to your own needs and feelings. Spend a little time by yourself if you can. Meditate, or do some relaxation breathing. Go for a short walk.
- Keep a regular sleep, meal, and exercise schedule. Limit your alcohol. Taking care of yourself will help you deal with stressful situations during the holidays.

Reading: The Heritage List to Cure the Winter Blues

Fall and winter bring shorter days, colder weather and sometimes the blues. But there are many ways to keep your spirits up. Reading is one of them. Reading encourages change, happiness and relaxation helping to prevent depression and anxiety.

Heritage therapist Ruth Jones, PLMHP, PCMSW, has made a list of suggested readings that will keep you so enthralled that you won't even know it's cold outside!

A Redbird Christmas

By Fannie Flagg

This book is about a man who is diagnosed with a terminal disease and moves to a southern small town for what he thinks

will be his last few months. He ends up getting involved with the community and developing some meaningful relationships. It's very heartwarming.

The Deal of a Lifetime

By Fredrik Bachman

This book is kind of a "meaning of life" story and takes place during the holidays.

Peace Like a River

By Leif Enger

This book takes place in a rural setting and is a coming of age story but also has a mystery plot line...great for those who like a little suspense!

The Unlikely Pilgrimage of Harold Fry

In this story, a man gets bored of his retired life and walks across England to resolve an old relationship conflict. It's so cute and has a lot of the "purpose

and meaning" message we talk about.

Braving the Wilderness

By Brene Brown

In this book, the author redefines what it means to truly belong in an age of increased polarization. This reading will again change the cultural conversation while mapping a clear path to true belonging.

If you feel overwhelmed and need help with depression and/or anxiety the Heritage Program for Seniors can help. Please call if you would like to know more about our program.

**Heritage Program for Seniors
308.728.4340**

(Adapted from Diamond Healthcare)

Upcoming VCHS Community Events

Wednesday, Nov. 14, 2018 (Noon -1 p.m.)

VCHS, 2707 L Street., Ord

VCHS Lunch & Learn

The monthly VCHS is scheduled for Nov. 14. Heritage Director Riley Smith, LICSW, LIMHP, and therapist Ruth Jones, PLMHP, PCMSW, will be presenting, "Mindful Holidays - Tips for Making the Most of Your Holiday Season". A free lunch will be served.

Register by calling Stephanie, 308.728.4327.

Thursday, Nov. 29, 2018 (4:30-5:30 p.m.)

VCHS Heritage Building, 110 S 26th St., Ord

Healing Hearts: A Grief Support Group - For Individuals Following Loss or Hardship

The sessions are held the last Thursday of each month through October 2018. Topics include: The Nature of Grief | Managing Difficult Emotions | Nurturing the Wounded Self | Remembering the One Who Died | Making Needed Adjustments | Coping with Stress of Change | Reaching Out for Support | Handling Special Occasions. Facilitated by VCHS Hospice and the Heritage Program.

Pre-register or for more information: 308.728.4340.



Heritage Program for Seniors at Valley County Health System

Our Philosophy

To provide quality care that stresses the importance of dignity, respect, confidentiality, and helping the individual achieve an optimal level of function.

Core Values

*Integrity
Compassion
Ownership
Respect
Trust*

Treatment Goals

- To restore optimum mental and physical health.*
- To alleviate symptoms that interfere with the individual's ability to function.*
- To support the integrity of the family.*
- To maximize independence.*

Contact Us

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