

## ***Family Wellness Newsletter...***

*November - and the holiday season is coming up. Thanksgiving and then your families form of winter holidays. Is this a time for family fun, or is it a time of stress and depression?*

*I ask this for a reason - we all have expectations of what a holiday should be. This is often based upon the television's unstopping barrage of what the perfect holiday should be like. A perfect family get-together, with lots of spending and giving, and everyone gets along perfectly. Let's get real here...*

*For the toy stores, jewelry stores, department stores, etc., the months of November and December is their biggest money making times of the year. The money they bring in during these two months often carries them for the other 10 months of the year. Why do so many people spend so much money? Because they let the media convince them that in order to have to the picture perfect holiday you must buy, buy, buy!*

*The truth of the matter is that your children will have great memories of the time you spend together. They won't remember what you bought them. Do you remember anything you received when you were a toddler or preschooler?*

*Now let us tackle the idea that everyone gets along and the world is all happy during the holidays. When people are stressed they lash out. When people have really high expectations of themselves and others, they can often be disappointed. So do you and your family a favor, set smaller expectations, don't spend more than you can afford, and just enjoy some time playing together. Believe me, baking some cookies, watching a good movie, or singing holiday songs will be the things your child will enjoy the most. And doing these things may just make you will feel better too!*

*November 06*