

# When Holiday Traditions Hurt



- Accept - It is what it is!
- Grieve your losses; it is okay to miss the way it used to be.
- Let go of the traditions and let things be different.
- Look for the "joy" in what or who is before you.
- Don't put up all of the decorations - it makes for more to take down which keeps the holidays lingering longer.
- Remember different doesn't have to be bad - just different.
- Treasure your relationships.

