

9 Ways to Take Care of Yourself Post Divorce This Holiday Season

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By Wall Legal Solutions



While we generally think of the holidays as a time for celebrating with friends and family, they can be a difficult time if you've just gone through a divorce. If you're wondering [how you'll get through this holiday season](#), here are 9 [tips to make the holidays a little merrier](#).

1. **Have patience:** It's important to remember the holidays are a stressful time for everyone. You need to shop, run errands, address cards—all of this on top of your divorce can feel a bit much. If you're afraid of being overwhelmed, just breathe. Remember to have patience with yourself and your loved ones. Everyone gets stressed during this time, so just remember to slow down and be patient. Don't try to do everything at once.
2. **Don't feel guilty:** If you have kids, you may find yourself feeling guilty around the holidays as you worry about how different their holidays will be this year. Don't! Start new traditions with your kids this year. Show them that different can be fun.
3. **Make time for family:** Remember that the holidays aren't really about gifts; it's the thought that counts, right? This year you may not have the money to give as you have in the past. Why not spend time with family rather than giving gifts? After a divorce, surrounding yourself with loved ones can be very important; so this holiday, do just that.
4. **Don't spend them alone:** While you may not feel very sociable, resist the urge to spend the holidays alone. Sure, take some alone time for yourself, to recharge your batteries, but do make an effort to spend time with your loved ones (see above!). You'll find yourself laughing, having fun, and remembering what the holidays are all about.

5. **Avoid colds and flu:** Cold and flu viruses love stress. When our bodies are stressed out, we are much more susceptible to sickness. With the double whammy of holiday and divorce stress, you could easily find yourself fighting a cold. Make sure to get enough rest, eat right, and head to the gym.
6. **Buy yourself something nice:** Your ex is probably not going to buy you a present this holiday season, so why not buy yourself a gift? Use the money you would have spent on them! It doesn't even have to be a tangible item; a trip to the spa, dinner out, or even renting that movie you've been wanting to see are all great ways to pamper yourself!
7. **Cooperate:** If you do have children, you'll want to make sure everything goes smoothly for them this holiday season. *Work with your ex* to make sure that it does. Plan for his/her family as well as your own. Make sure that there's no tension with the planning; you don't need the extra stress! Remember, being flexible and cooperating will just *make the holidays easier* for everyone.
8. **Set realistic goals:** Yes, set goals for your holidays. Plan your events, but make sure to be realistic. The holidays will be harder, as you'll be on one income. You're going through a major life change, so it won't be smooth sailing. But if you remember that, plan for it, your holidays will be a lot easier to navigate. Take it one day, one holiday, at a time.
9. **Finally, make sure you have a strong support network in place.** Have friends or family who you can call if things begin to feel too stressful. If you can't bake those cookies, know it's okay to buy them from the store. If you can't pick up a gift for Aunt Edna, say so. You don't have to say yes to everything, you don't have to do everything, especially this year.

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