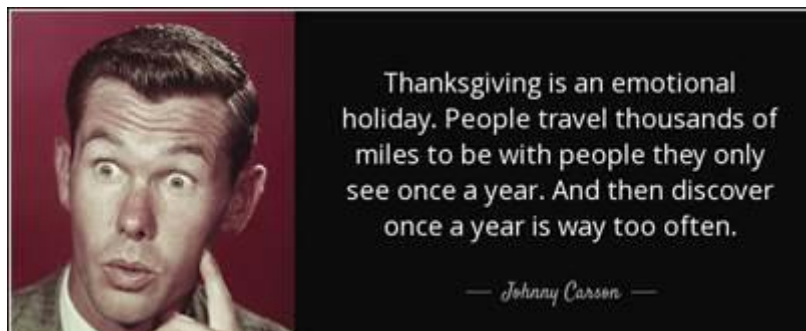


## Foster Care to Personal Success

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Fall 2016



*The holidays are coming up – more quickly than some of us would like – and we're bombarded with way too many expectations, traditions, stereotypes, and sappy commercials.*

If you're feeling anxious about Thanksgiving and Christmas, or if you're going to be alone, we've got some thoughts that might help you through.

**Let go of expectations.** Crackling fires, caroling and extended families eating a turkey dinner are not the norm. Today, less than half of American children grow up with both parents. Holiday movies, holiday commercials, fake shopping mall holiday cheer – the feelings they portray may not be your reality, but remember that they are not the reality for most people.

**Be grateful for what you have.** The surest way to happiness is to be grateful for what you have. No matter what is going on in your life, you have something to be grateful for. It may be your health or your pet or your friend; it may be the smell of snow in the air or your warm bed at night, or it may simply be the fact that right now you're snacking on your favorite candy. There is always something to be grateful for.

**Make plans.** Whatever they are – make plans.

- Invite your friends to a party; call it an “anti-holiday” party if you wish!
- Make a list of movies you want to watch, shows to catch up on, or books to read during the holidays.

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- Find a place to volunteer. Your presence at a shelter, hospital or old people's home will surely put a smile on someone's face. But sign up early – lots of people want to volunteer during the holidays.
- Bake Christmas cookies and share them.
- Pamper yourself. Take a day to do just exactly what you want.

Finally, remember ...

**THIS TOO  
SHALL PASS**

And until they do, we are here for you if you need us.