

# 50 ways to find balance during the holidays



Close

your eyes and take 10 deep breaths ♦ Let someone in front of you when you have time ♦ Write an old friend ♦ Volunteer at a soup kitchen ♦ Avoid the malls on weekends ♦ Forgive somebody ♦ Have a cup of tea ♦ Say something nice to somebody who doesn't expect it ♦ Turn off the TV ♦ Say "no" if you're overwhelmed ♦ Rake leaves ♦ Don't feel obligated ♦ Bring cookies to a nursing home ♦ Get a group together and go caroling ♦ Attend a high school music concert ♦ Empathize with others ♦ Eat wisely ♦ Hug your children daily ♦ Drive the back roads ♦ Pay cash whenever possible ♦ Read a book ♦ Set realistic expectations ♦ Be a channel for peace ♦ Walk away when necessary ♦ End burdensome traditions ♦ Begin traditions that work for you now ♦ Get help if you need it ♦ Look for volunteer opportunities ♦ Tell your pet how lucky you are to have him ♦ Don't stand next to the buffet all night ♦ Get rest ♦ Say "I love you" ♦ Find reasons to laugh ♦ Substitute crowds with intimate gatherings ♦ Think daily about what's really important ♦ Listen to relaxing music ♦ Let others help you ♦ Attend church or synagogue or another spiritual haven ♦ Drink responsibly ♦ Collect pinecones ♦ Bake gifts ♦ Feed the birds ♦ Keep extra snacks on hand for drop-ins ♦ Give yourself extra travel time ♦ Sneak out if you're not having fun ♦ Don't overdo ♦ Get fresh air ♦ Take vitamins ♦ Walk away from gossip ♦ If overwhelmed, call NewBridge at (888) 746-9333.

**Help others to find balance.**

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