**Five Tips For Surviving The Season.**

Life is filled with transitions, of course the seasons change, but even more our relationships may change, we may experience a breakup, children go off to college or a job moves us away from our family and friends.  And, while change can leave us feeling alone, confused and uncertain, it is actually the fact that change is always happening that allows us to find solutions and new traditions to survive the season.

 Consider the transitions you have experienced this year. You may be questioning how to get through the holidays and even dreading the winter months.  As the holidays approach, you want to prepare and plan new traditions and activities.  After the holidays,  use the winter months to focus on goals.

 1. As winter approaches, December solstice marks the day of the year with the least hours of daylight.  This can be a time for self-care, so get to bed earlier, rest and refresh yourself, read an inspiring book, choose a new hairstyle by experimenting with styling products.; even clean out your closets as a symbol of the New Year and new you.

 2. Holidays can take on new themes, plan a get away without your typical traditions, do something on your bucket list such as learning to ski, or drive to Florida for a warmer road trip.  If you are unable to get away, create a new menu include foods from other cultures for friends to try.  If holiday music gives you the blues, play some Latin tunes and learn to Salsa dance, watch comedies and share the laughter, even children enjoy hanging out and being silly.  You can chose to think about what is lost or missing, and it may be more helpful to think what else makes it a wonderful life.

 3. If you love the outdoors, you can pine away for walks, hiking and summer.  Why not try a winter activity such as ice-skating or snow tubing.   Grow indoor plants and herbs; host an indoor walk at the mall.  Get creative and find ways to bring the outdoors inside with photos and pictures of places you have traveled or hope to visit.

 4. Catch the community spirit; nothing makes many folks feel better than when they help others.  Visit an elderly neighbor, donate to a food pantry or volunteer to serve holiday meals at a local shelter.  Experiencing a sense of purpose can quickly increase your sense of confidence and gratitude.

 5. Dream by developing a map of what you want in the New Year. Keep a journal of what is already working in your life and what you would like to expand.  Consider doing something new like joining a meet-up group. Look around your place and rearrange your furniture and decor, it’s amazing how seeing something in a new way changes everything.  With that in mind, what’s in store for your season of change?

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