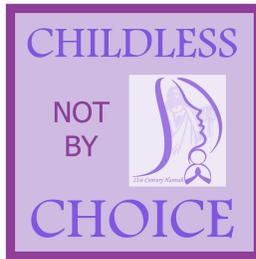


## The Childless not by Choice Woman's Guide: Ten Tips for Navigating and Surviving the Holidays:

- Check in on your single friends and family, make sure they have some place to go for the Holiday meal.
- Check on elderly family and friends, especially those who have been widowed. See if there is a practical way that you can help them.
- Donate: time, tangible items, or money to your favorite charity. Every year I bake a cake and take practical items to The Ronald McDonald House. They are one of my favorite charities.
- Take alone time out for you and or your significant other. Whether it is several days, a day, or a few hours during the Holiday Season. This means creating and maintaining healthy boundaries. In other words, being able to say no.
- Journal—write it down. Writing is cathartic.
- Talk to a trusted friend, who truly gets what you are going through, talk to a professional. And of course, talk in our group!
- Make friends with people in different demographics—i.e. married friends with or without children, single friends with or without children. If you are single and all your friends are married, it can get lonely, and you can tend to feel like something is wrong with you when really nothing is wrong.
- Join organizations like Toastmasters, or local clubs and networks where you can meet all types of people.
- Allow yourself to grieve, to continue through the grieving process. It does not mean you cannot or should not enjoy time with family and friends. But when you are ready to leave an event or a gathering, do not be afraid to do so.

· Create healthy boundaries. In fact, healthy boundaries will help with all the above! Remember, there is a course under the Courses tab on the website, 10 Days to Setting Kind But Firm Boundaries. Here is the link, or just go to the website and click on the Courses tab:

<http://childlessnotbychoice.net/lp-courses/>



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