



How to Cope with Holiday Disappointments

There are a lot of things we can do to limit feelings of disappointment this holiday season, but there is nothing we can do to completely eliminate them. Here are some ways you can limit and cope with the disappointments of the holiday season.

Ways to Limit Disappointment

Identify and focus on the parts that are most important to you

Slow down and rest

Do not push your expectations on others

Do not allow other's expectations to be pushed on you

Accept that perfection is not possible

Spread out activities over days rather than trying to fit everything into one day

Forgive, yourself and others, quickly

Ways to Cope with Disappointment

Accept how you feel

Do not place blame on yourself or others

Share your feelings with others

Learn from your feelings and manage expectations for the future

Do not dwell on your feelings or on negativity

Put things in perspective

Lower stressful activities while you overcome the feelings

