

# TO GET THROUGH THE HOLIDAYS

## 1. Reach out to family and friends

Mail a holiday card to a loved one or DM them on social media, or just make an old-fashioned phone call. Maintaining those meaningful relationships helps to focus on the things that matter most during the holidays.

## 2. Ask for visits

Let your foster parents and caseworker know how important visits are to you during the holidays. Do what you can to help arrange the visits, whether that means being flexible with your schedule or helping to make the arrangements with those you wish to visit.

## 3. Let 'em wag

If you're a dog lover, throughout the holidays, the Humane Society often needs help in adopting out animals. This rewarding work allows you to walk and bathe dogs, teach them new tricks, and help them find good homes.

## 4. Connect at church

If you belong to a church, check into all the holiday activities that might be going on and join in! Activities around the holidays might include social gatherings, caroling, volunteer efforts, and extra services. If you do not belong to a church, the holidays can be a fun time to get involved.

## 5. Write on

If you like to write, keep a daily journal for the holiday season. Use your writing as a way to vent feelings, work through anxiety and worries, and to reflect on the true meaning of the holidays.

## 6. Be kind, be yourself

Chances are you'll naturally be meeting and running into lots of people during the holiday season. The simplest things can connect you to someone, and one of the easiest places to get started is by being yourself and showing kindness.

## 7. Lend a hand

Volunteering can unite people with similar values. Offer to help the Salvation Army or local soup kitchen with their Christmas dinner. If you're uncertain where to start, ask your foster parent, caseworker or a neighbor to help you research the possibilities.

## 8. Do it Yourself

Everyone appreciates a homemade gift. Consider making holiday ornaments, knitting scarves, or crafting bookmarks. Search the internet for ideas and instructions about making inexpensive holiday crafts. Most everyone loves homemade cookies or candies wrapped in pretty boxes.

## 9. Visit others who may feel alone

Older people in a nursing home may be away from loved ones during the holidays. Check with them to find out if there are people who would enjoy having company during the holidays. Consider bringing a favorite holiday story to read aloud or load your playlist with your favorite Christmas songs to share.

## 10. Connect at FosterClub.com

Be sure to visit the FosterClub discuss section on [www.fosterclub.org/discuss](http://www.fosterclub.org/discuss) and connect with your peers who may be feeling the same way. Post your feedback on FosterClub. Let us know how you spend the holidays and give your own ideas about how to find your own joy during the season.