

Are you feeling overwhelmed?
 Too much to do?
 Loss of a loved one, relationship, or job?
 Just stressed out?

Advent “Lower Your Stress” Calendar

Galilee Church
 45425 Winding Road
 Sterling, VA 20165
 703.430.2203 | info@galileeumc.org

Sun	Mon	Tue	Wed	Thu	Fri	Sat
DECEMBER 2 Give thanks – the holidays are a time to give thanks for all that is good in our lives. <i>1st Sunday of Advent</i>	3 Pay someone to clean your house.	4 Take care of yourself. You need to allow time for YOU.	5 Reach out & touch someone – hold their hand or hug them.	6 Be open to the possibility of happiness during the holidays.	7 Write a letter to a loved one that you have lost. Openly express your thoughts & feelings.	8 Go shopping – go somewhere unusual – a flea market or antique shop.
Dec 9 Think young! Do something youthful (blow bubbles, skip rope, visit a toy store). <i>2nd Sunday of Advent</i>	10 Plan to spend some time with your family – rekindle old traditions.	11 Drink lots of water – stress or grief can override your thirst mechanism.	12 Tell your friends & family how you would like to celebrate the holiday & ask them to help make it possible.	13 Ask for your friends & family to write a special memory of a loved one you lost as a Christmas gift.	14 Consider simplifying your holiday rituals instead of abandoning them.	15 Drive around & look at Christmas decorations.
Dec 16 Create a special display of photos & mementos. Invite others to contribute. <i>3rd Sunday of Advent</i>	17 Be still. Take time out from the hustle & bustle for some quiet time.	18 Laugh! Laughter is one of the most healing gifts of humanity.	19 Be a Secret Santa – giving makes you feel good.	20 Reassess your priorities. Think about what gives your life meaning.	21 Let go of thinking you have to be strong, or that you shouldn't cry, or that you need to "get over it".	22 It's OK to say "No".
Dec 23 Light a candle – it symbolizes warmth, light & hope. <i>4th Sunday of Advent</i>	24 Welcome pleasure wherever you find it – look for something new or different to do.	25 Watch the sun rise – it's a powerful symbol of life & renewal. <i>Christmas</i>	26 Be aware of SAD (Seasonal Affective Disorder). Shorter days make it worse.	27 Call a friend you haven't spoken to in a while just to say "hello".	28 Focus on the people - not the production of "it" - whatever "it" is.	29 Attend services at your place of worship & SING!
Dec 30 Plan for other holidays & anniversaries. Visit with friends & family.	31 Take a nap! Rest is important.	JANUARY 1 Resolve to simplify your life. <i>New Years Day</i>	2 Keep what matters – let go of the rest!	3 Take a mini vacation. Go somewhere new or to a Spa.	4 Make a list of short & long-term goals for 2019.	5 Believe in a better new year. Believe in the enduring spirit of giving & love.

JANUARY 6
 It is the sabbath - rest in God's hands.
Epiphany



Daily suggestions courtesy of the Stephen Ministers of Galilee Church as inspired by *Healing Your Holiday Grief* by Alan D. Wolfelt [Companion Press, 2005]