

Brain Injury

Holiday Survival Guide



- **Set a reminder on your phone for any medications you may need.** During the hustle and bustle of the holidays - and especially if you are traveling outside your normal routine - it can be difficult to stay on your normal medication schedule but it's important that you keep as normal a routine as possible.
- **Designate a room or area that you can use to escape and decompress if needed.** This is especially important if you're spending time with a large group over the holidays. The Christmas chaos can be overwhelming and it's good to have a plan in place for how you will handle the added stress.
- **Do only what you're comfortable with** - take care of yourself and rest when you need to rest. You are not required to participate in every activity. Overdoing it may come back to make things worse for you down the line.
- **Obey your doctor's orders in regards to diet and alcohol consumption.** I'm a believer in moderation. This is important to keep in mind during the holidays - even when you're feeling well. It's tempting to be less than diligent during the holidays but remember your doctor knows what is best for your particular situation.
- Speaking of doctors - you will likely encounter that one family member or friend who has a "miracle cure" for you. You know the one - they had a cousin whose boyfriend's sister's dog took ginseng or drank pomegranate juice or stood on their head to reduce similar symptoms. Try not to get offended by these remarks - these offerings, however insensitive and unwarranted, generally come from a good place with good intentions. Try to keep that in mind and perhaps use the opportunity to provide some education about your illness.

