



## How to Cope When Spending the Holidays Away from Family

Insights

By Gateway 2 Counseling

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By: Gateway2 Counseling  
Gateway2Counseling.com

## THANK YOU SO MUCH!

We hope this post helps you in whatever stage of life you are in. Know that we are here for you.

If you desire help on your journey, we are always just a screen away here at Gateway 2 Counseling. We are your objective friend. You might be suffering from depression or just feeling overwhelmed with the daily struggles of life. It doesn't matter. We are here for one session or many. You decide.

You can reach us at [www.gateway2counseling.com](http://www.gateway2counseling.com)

Once again, thank you for joining us on this journey to a brighter tomorrow.

Thank you again!

I've been away from my family for the holidays many, many times and it can be tough. Maybe you're away from your family because you need to work, money is tight, or maybe you're spending the holidays with your significant other's family.

Either way, we've outlined some tips to help not just to get through the holidays, but to still enjoy them.

### **Celebrate the traditions you would at home.**

Bring home to wherever you are. If there is a certain tradition you have when decorating the tree, specific cookies your family usually makes, or movies you might watch, integrate them into your holiday schedule to bring a little piece of home to you.

### **Make new traditions.**

Maybe it happens organically or maybe there's something that you have always wanted to do but it just didn't fit into the family's holiday timeline.

### **Decorate your place.**

If your family usually decorates for the holidays or if holiday decorations make you feel all warm and fuzzy inside, don't leave your new place barren for the holidays. Decorate it up with lights, a mini tree, mistletoe, candles, and more!

### **Use technology to connect.**

Mark a date on the calendar or FaceTime a loved one during the season to stay connected while far away.

## **Explore.**

Venture out into the city you are in or check out online what the locals do to celebrate the holidays. Immerse yourself in some local traditions or events.

## **Treat friends like family.**

Round up your friends in the area and host a Friends holiday party! Break out the board games, play white elephant gift exchanges, or simply host a festive dinner.

## **Spread the cheer.**

Focus on other people during the holidays and spread the cheer! You can volunteer at a local shelter, donate presents or clothes, hand out gifts, or spend time with seniors. These are each great ways to engage with others during the season and give comfort to those you need it.

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