



### **The Minnie Series: It's Cancer: How Will I Get Through the Holidays?**

*This time of year can be both exciting and overwhelming for many of us. The challenges of the holidays seem to be magnified by a personal cancer diagnosis or a diagnosis of cancer within the family. The Minnie Pearl Cancer Foundation desires to bring hope and support to those impacted by cancer. We have compiled this list of holiday "tips" with the desire to provide hope for your holiday season.*

**Set realistic expectations** – evaluate how you are feeling and try to accept that the holidays may be different this year.

**Create a "new normal" for holiday traditions based on your needs.**

**Communicate your needs with family and friends** – ask for help and be specific about what you need, your loved ones may want to help but don't know what to do for you.

**Set limits for yourself based on your energy level** – don't strain yourself by shopping or cooking for hours, make sure to rest when you are tired.

**Maintain your current schedule** – try to keep sleeping, eating, and exercising as you normally would.

**Stick to a budget** – Holiday spending can easily get out of hand, especially for those trying to manage hospital bills. Try to stick to a budget to avoid overspending or get creative if your holidays involve gift giving.

**Create a way to remember loved ones** – Light a candle or leave a chair empty at your holiday meal.

**Keep your holidays as simple as possible** – Don't worry about cooking a big turkey if you can buy one instead this year.

**Take advantage of time to be with family, but don't pressure yourself to be "perfect" during these times.**

**Make sure you are getting the social and emotional support you need** – consider a support group or meeting with someone one-on-one to meet your needs.

*Best wishes for a safe and joyful holiday season from The Minnie Pearl Cancer Foundation.*

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