



# THERAPY NEWS

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## Reclaim the 'Holidaze'

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Reports confirm that holiday shoppers are expected to spend five percent more this year than they did in 2018. It is probably no surprise that nearly 53% of holiday shopping is expected to be done digitally (Whitten, 2019). The rush is on to buy gifts with the majority of people stressed by the sense of a lack of time and money, as well as the pressure to give or get gifts. How can folks avoid the materialism that creates tension and discover more practical ways to observe this upcoming season? To find ways that create a more meaningful time, take a moment to reflect on

these questions:  
1) Which are your very favorite elements of the season? 2) Which traditions are mostly significant for you? 3) Which holiday rituals exhaust, rather than nurture, you? By taking notice of your insights into these matters, you can then begin to redesign this time of the year to become more valuable. You **DO** have decision power to include those pieces you love and play down customs that cause undue angst. Check your perceptions with others who may feel likewise about changing the

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**"THE BEST AND MOST BEAUTIFUL THINGS IN THE WORLD CANNOT BE SEEN OR EVEN TOUCHED. THEY MUST BE FELT WITH THE HEART.**

**WISHING YOU HAPPINESS."**

**- HELEN KELLER**

## Homemade Gift Baskets for Children

- A sand pail filled with beach and sand toys, sunglasses, visor, sunscreen, flip-flops, bubbles and treats.
- Fill a goldfish bowl with some fish food, a thermometer, gravel, net, little plastic plants and fish care manual.
- Magic! Fill a top hat or basket with trick cards and a book of illusion techniques.
- Line a wicker basket with bubble bath, shampoo, nice soaps, conditioner, bath toys and wash cloth.
- Children can make these baskets with help to give to those less fortunate learning that....

## Family Changes in a Celebratory Season

### Parent suggestions:

- Most importantly, parents should set the mood for their children. In happy times, and especially when times are difficult, children look to their parents as a model for how to handle situations and manage their troubled feelings.
- For many, the meaning and composition of family has shifted. If there has been a separation, divorce, change or death in the family in the past year, the season may be especially painful. The first occurrence of a holiday is often the most difficult. It's important to acknowledge these losses and the resulting changes.

**Real wealth comes from what is shared rather than what is received.**

# Suzette Turner-Clark, LCSW-S, RPT/S

## Resource Corner

Holiday Stress Resource Center.

*What you can do to avoid or minimize holiday stress inducers?* Tips from the American Psychological Association.

<https://www.apa.org/helpcenter/holiday-stress>

Parent Tips to Manage Holiday Stress

<https://www.apa.org/helpcenter/parents-holiday>

Making New Years Resolutions Stick

<https://www.apa.org/helpcenter/resolution>

Whitten, S. (2019). *Holiday spending expected to rise 5%, but don't expect bigger crowds at the mall-here's why.* CNBC. Published online September 23,

### Practice Address

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## HAPPY HOLIDAYS TO ONE AND ALL

manner in which the festivities are choreographed. More individuals *than you may even guess* could be interested in investigating alternative ideas on giving gifts (maybe not giving gifts at all) or ways to entertain. Our culture is increasingly attentive to reducing waste and thinking more locally regarding purchases. Individuals can consider buying more functional gifts for each others' homes. Surprisingly, folks find their useful offerings are truly welcomed. Household goods, such as new towels, cozy blankets and favorite foods are appreciated. Attractive sweaters, hats and gloves for the predicted colder winter weather are apt ideas. Try putting together a gift basket of hand-made natural soaps, herbal sachets, organic candies, canned fruits and vegetables or fresh baked goods. Crafting gifts of home-produced bath salts, a batch of aromatic potpourri or festive holiday wreaths are enjoyable to create and can give a nice personal touch. Use quality 'Fair Trade' baskets with hand-made ribbons in which to place all your goodies for special people. Second-hand vintage items are still in vogue and a way to make a more mindful personal choice for a friend or relative. Buy environmentally-friendly gifts. Consider going 'green' in the season of red and green, such as giving presents of gardening tools for those souls newly interested in community gardening. Shop locally: breathe in the crisp winter air by shopping in the private family-owned stores for unique gifts that can support the neighborhood community. This kind of shopping avoids the wild commercial

mall scene and allows a slower pace while smelling the aromas from nearby coffee shops and listening to sidewalk musicians. Take charge of your finances and create meaning by opting for the priceless gift of real experience. As previously suggested, you may shy away from buying presents altogether and focus more on making memories. Build an annual tradition of visiting a state park during the holidays to commune with nature by walking the trails together. Enjoy family time in an inexpensive, quiet cabin sans electronics while encouraging interactive conversation and games. Your unique gift to friends and family could be your time, focused presence and attentive care during these special visits. Parents can use this time of year to cultivate the joys of giving. Projects such as charity donations can be a family custom creating seasonal continuity and putting positivity out into the world. Starting a coin collection for local toy funds, gathering warm clothes for those less fortunate or delivering traditional festive meals to a sick or home-bound person are examples of benevolent activities. Focusing on religious, cultural or even the historical aspects of a season provides a vital connection to the past. At this time, take advantage of the opportunities offered to ponder the larger spiritual or personal value of all these events.