

Bill of Rights for the Holidays

- ❖ You have the right to take care of yourself: to eat right, exercise regularly, and get enough rest.

- ❖ You have the right to have mixed emotions: happy, sad, frustrated, angry, guilty, afraid and thankful.

- ❖ You have the right to cry at any time during the holidays.

- ❖ You have the right to say no to any holiday activities.

- ❖ You have the right to skip the holidays altogether.

- ❖ You have the right to have solitude: for planning, thinking, reflection, introspection, prayer and relaxation.

- ❖ You have the right to accept some or all of your party/ activity invitations.

- ❖ You have the right to ask for help and support from friends, family, your church, synagogue, or mosque, and/ or community service agencies.

- ❖ You have the right to give gifts that are within your holiday budget.

- ❖ You have the right to follow old traditions or make up new ways of celebrating holidays.