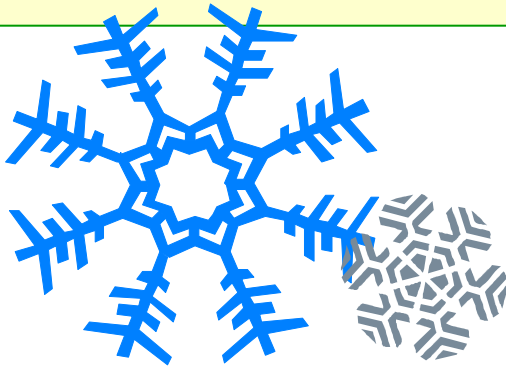


HOLIDAY NEWSLETTER

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December 2006

What's Inside:

- Holiday Stress
- Self-care

HAPPY HOLIDAYS!

CalFam is closed Dec. 18-Jan. 2, 2007. I will be unable to pick up telephone messages until Jan. 2. Please feel free to take a look at monicamcgarva.com

Holiday Stress

The holidays are a busy time, no question about it. You're supposed to work, take care of things at home and still be relaxed enough to enjoy yourself. You're assaulted by ads and commercials, by movies showing you the way things "ought to be." WHO SAYS! You can create the kind of holiday you want.

You really can.

Decide how much you can do. Give yourself permission to let something slide.. even if it's just for now, or just for this year.

Arguments and depression can be the result of the holidays not meeting your expectations. Sometimes just an awareness of this helps to make things easier.

SELF-CARE

You can't do anyone else much good if you're not well. Remember the advice you get from the airlines:
Put the oxygen mask on yourself first,
THEN help the person next to you.

Take some time for yourself- have some hot chocolate, take a walk, go to the gym.
NOW you're ready to get back into it!



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