

# A Veteran's Recovery

## HOLIDAY NEWSLETTER

12/2015

*Season's Greetings!*

*We hope that this Recovery Newsletter finds you well. As we all know, the Holidays can be a wonderful time of year, but they can also bring added stress and even painful memories and emotions. We want to use this Newsletter as an opportunity to discuss coping during the Holidays.*

*One thing that can be helpful is to use skills that have worked in the past when dealing with issues like stress, anxiety, and depression. Everyone's recovery journey is different, so you know the skills that are best for you because you are the expert in your own recovery. Some skills might include: challenging unhelpful thoughts, engaging in positive behaviors, and reaching out for support.*

*Speaking of support, we encourage you to keep in contact with your providers during this time of year. It is also important to identify the individuals who are there for you and whom you can trust. "No man is an island!" Human beings thrive in community.*

*As this year draws to a close and we look forward to 2016, this is a good opportunity for all of us to reflect on how far we have come in our recovery. We are not the same as we were a year ago, and we take our experiences with us as we learn and grow.*

*Best wishes for the New Year!  
From the PSR Social Work Fellows*

DEPARTMENT OF VETERAN AFFAIRS  
VA PALO ALTO HEALTH CARE SYSTEM  
VOLUME 1, ISSUE 3

### A Plan for the New Year

It may be helpful to practice some of your coping skills over the Holidays. You can even try some of the ones listed below:

*Goals*– I will continue focusing on both my short and long term goals.

*Kindness*– I will treat myself and others with loving kindness.

*Love*– I will love myself and cherish those I love.

*Understand*– I will be understanding of myself and others.

*Acceptance*– This year I will work on accepting my emotions as they are without making them bigger or smaller.

(taken from the DBT Alphabet of New Year's Resolutions by Dr. Judi Sprei)

Created By:  
Psychosocial Rehabilitation Fellows  
Katy Gominger, MSW  
Katie Gustin, MSW  
Contact Info: [Katy.gominger@va.gov](mailto:Katy.gominger@va.gov) or  
[Kate.gustin@va.gov](mailto:Kate.gustin@va.gov)