



Insights

Tips for Holiday Cheers—Not Tears—When Going Through a Divorce

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The holidays are often seen as a joyous time of being together with loved ones and making memories. But, for many people, the reality of the holidays can be very difficult. If you are going through a divorce, separation, or if you are already divorced, the holidays can be emotionally challenging, especially if your family dynamic has shifted this season.

Here are some tips to get through this time of year with cheers instead of tears:

1. **Find the joy in what you have versus what you're missing.** If you're missing your children because they are with the other parent this holiday season, make the most of your time with them. Celebrate the holidays on alternate days and do your favorite activities (baking, watching holiday movies, looking at holiday lights, etc.).
2. **Be forward looking.** Instead of focusing on the pain of the past, look forward to making new memories this holiday season. Come up with new traditions for your changing family dynamic that are just as special.
3. **Celebrate with friends and extended family.** Remember you have a network of support. Rely on it this holiday season—that's why it is there.
4. **Take a break.** If you are in the middle of a contested divorce, take a break this holiday season to refocus and do something for yourself.

The stress of divorce is never easy, particularly around the holidays. If you need help navigating a family law matter and wish to speak to an experienced attorney, our team is here to help. Contact us today.

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