

# Type Guide to Enjoying the Holidays

*During the holidays you will interact with all types of personalities.*

*Below are type tips and some holiday counsel to make the most of the season.*



- Try a new activity – something dynamic that gets you out of the house.
- Be the social grease – reconnect with those you haven't seen in a while.

**BUT** – don't overextend yourself!



- Eat, drink and be merry – enjoy the sights, sounds, smells, and tastes of the season.
- Touch – only if Santa says it's okay.

**BUT** – don't over indulge!



- Find volunteer opportunities that will rely on your task-focussed approach.
- Enjoy the family debates

**BUT** – keep your criticism in check; people may not be interested in how their holidays could be better!



- The holidays are a great time to mentally park your work so that you can play.
- Schedule in downtime – the holidays have a way of spinning out of control.

**BUT** – don't miss the fun of spontaneous events and activities!



- Make the time to enjoy a key interest that you have been too busy for.
- Make sure you have enough downtime before and after social responsibilities.

**BUT** – don't lock yourself away!



- Embrace the magic of the season – use it to spark your imagination.
- Ask Santa for gifts that are mentally stimulating.

**BUT** – don't ignore the LEGO directions; they don't actually come with spare pieces!



- Find volunteer opportunities that allow you to offer empathy and support.
- Enjoy connecting with loved ones.

**BUT** – don't neglect your own needs; you don't need to take care of everyone!



- Jump into things – the fun for you is not knowing how things will go.
- Suggest holiday activities and events that the planners in your life will have missed.

**BUT** – don't resist scheduling; sometimes it's the only way to fit everything in.