

December 2014 eNewsletter

Topic: Enjoy Family



Many people say "goodbye" after a social gathering. I often end my time together with friends by saying to them "enjoy your family." But what exactly does that mean you may ask? I thought I would write to you this month about enjoying family.

Your family may be genetic relatives or a group of individuals you call family. Whichever the case, spending time with them, giving and receiving care, and telling them how much they mean to you is priceless. It's the most joyous time of year for many. It's Christmahanukkakwanzaka! The Christmas, Hanukkah, Kwanzaa season. If you find yourself too busy or too stressed to experience times of joy with your family, then remember my encouragement to take time and enjoy your family. Read below for fun and virtually free ideas for family time enjoyment.

Be Well,

Dr. Boatswain

### **Here are my Top 10 Picks for Family Fun**

- 1. Take a walk together.**
- 2. Cook a meal together. Make extra for a sick or homebound person.**
- 3. Read the same book and discuss it.**
- 4. Play board games or card games (remember those).**
- 5. Attend your house of worship together.**

6. Have a picnic on your house or apartment floor.
7. Take a dance, acting, or singing class together.
8. Volunteer at a local soup kitchen, home for the elderly, or homeless shelter.
9. Make a family movie.
10. Try these 2 Apps that are so much fun: TriviaCrack and Heads Up

**Note: Information provided in this eNewsletter is designed to support, not replace the recommendation of your medical doctor or mental health provider.**

