



Soaring Through Setbacks...

Rise Above Adversity...Reclaim Your Life

**A book about dealing with grief, career changes
and other major transitions**



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Coping with grief during the holidays While the whole world is celebrating

FOR IMMEDIATE RELEASE

Chicago, Illinois

- Over 50% of marriages end in divorce.
- There are about 8.7 deaths per 1000 people every year
- 16% of the population relocates every year
- Unexpected natural disasters have left scores of people homeless and jobless

Add divorces, deaths, and relocation to health issues, victims of natural disasters, social pressures, work related stress and financial crises, and you have a lot of people who are dealing with major change and emotional crisis.

The holidays are approaching and for all of those people the holidays are not a time for joy and celebration, but a time of deep sorrow. For those who are coping with grief and loss, the holiday season is especially paralyzing and painful.

During the holidays the media is constantly bombarding us with reminders of youth, family and tradition. The sights and sounds of the season are a grim reminder that your life has changed and will never be the same.

Cheryl Perlitz is a mountain climber, survival expert and author of ***Soaring Through Setbacks...Rise Above Adversity and Reclaim your Life***. She lost her husband, and both parents, her house, her beloved dogs, her cars, and her business. She was robbed, sued, audited by the IRS and then had a stranger die sitting next to her in the movie theater. All of this in a 4 month period.

Cheryl shares a unique perspective on "How to survive the holidays if you are hurting"

Take care of yourself

- **Exercise regularly.** Exercise increases the production of endorphins and enhances feelings of well being and positive attitude
- **Write in a personal journal daily** - even when you don't feel like it. You don't have to be talented. You will never read it and can burn it later.
- **Eat smart.** Good nutrition makes you feel fit. Over or under eating takes a toll mentally and physically. Sugars and fats make you feel lousy.

- **Take vitamins.** You are very vulnerable to colds, flus, etc. when you are hurting.
- **Sleep with a body pillow.** Call him Robert Redford.
- **Treat yourself.** Give yourself small gifts.
- **Get up and out in the mornings** and go out for breakfast. Let someone wait on you for a change
- **Get a massage**
- **Keep moving and busy** without throwing yourself into a frenzy
- **Let your feelings out.** Stuffing them makes them come out with a vengeance later. Cry as much as you want.

Simplify

- **Clean closets**
- **Eliminate your poisonous or negative 'friends'.** They sap your energy and burden you with negative energy.
- **Say no to extra things** you said yes to, and shouldn't have
- **Clean up your paper work.** Go through your files and dump the extra papers
- **Give gifts only to those you WANT to**
- **Don't take on too much.** Remember you don't have to do it all.... You don't have to bake cookies, buy for everyone, decorate the house, spend time with all relatives.... UNLOAD and let others take care of you

Surround yourself with color and positive things

- **Buy flowers** at the grocery store for each room of your house. Poinsetta's are great.
- **Get a pet.** Make it easy and buy a gold fish. Name his a goofy name
- **Rearrange your furniture**
- **Fill your dwelling with music.** Find a great CD and play it as loud as it goes or as soft as it goes.
- **Fill your dwelling with great fragrances.** Boil orange slices, cloves and apple juice. Try potpourri or oil burners.

Surround yourself with life, people and activity

- **Call your treasured friends** and tell them you will need help over the holidays
- **Get involved with groups.** Try grief groups - church groups – supportgroups or people in similar circumstances
- **Reconnect** with old friends and family
- **Ask for hugs** and give hugs. You need 8 a day for support.
- **Walk the neighbors dog...** or find an abandoned pet at the local shelter and give him a home

Honor the people who are missing from our lives during the holidays

- **Remember them in small ways.** Make list of the funny things you remember and share that with your family
- **Go through the family pictures** and talk about them with others.
- **Give family members a funny gift that person would have given**
- Do a **family memory album** and give it to the family as a gift
- **Reconnect** with that persons special friends

Change traditions but keep some things the same

- **Change your religious traditions.** Go to midnight church instead of noon on Christmas day or visa versa
- **Give grab bag gifts.** Decide whether to do inexpensive anonymous ones and play a fun gift game, or pick a name out of a hat and buy for 1 person only.
- **Go to a movie** after Christmas dinner
- **Give small gifts to those who have supported you**
- **Have an open house** on Christmas day... and have your friends bring the food

Do things you've always wanted to do – but didn't

- **Test drive** a red Volkswagen beetle
- **Paint in watercolors...** even though you have no artistic talent at all.
- **Walk your neighbor's puppy** through the forest preserve
- **Sit at a coffee shop** and read a book
- **Do a jigsaw puzzle**
- **Buy yourself a doll** or stuffed animal...hug it ...alot
- **Go to a sporting event**

Give to others

Giving to others warms your heart, puts your life in perspective and takes the focus away from your own feelings.

- **Do random acts of kindness** - especially anonymously. We do this as a family the week of Christmas and then report in on Christmas day
- **Give a special gift for a child.** Buy a gift in honor of the person who died and give it to a child in the hospital / a lonely person / a sick person
- **Give time or \$** to a charity in honor of your loved ones
- Visit & volunteer:
 - children's hospital
 - soup kitchen
 - work with church in community
 - rotary or other community group

Cheryl Perlitz is the author of the inspirational book "Soaring Through Setbacks - Rise above adversity - Reclaim your life" and "Soaring through Setbacks....Survival Tips Handbook" As a dynamic speaker and facilitator, her inspiring, fun and motivational stories help listeners and readers to "TRANSFORM THEIR MOUNTAINS INTO OPPORTUNITIES FOR ADVENTURE AND POSITIVE CHANGE."

Cheryl is not a therapist, or medical doctor. She does not have a PHD or an advanced degree in psychological theory. She is a regular person, like most of us. She is a sought after talk show guest because of her easy casual style, her ability to tell wonderful stories that the listeners and readers can relate to, and her understanding and compassion for others.

If you would like to hear more about this topic, and/or more detailed SURVIVAL TIPS for surviving setbacks contact Cheryl Perlitz: cheryl@SoarWithMe.com

To book an interview call:

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Cheryl is available for last minute interviews

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