

HOLIDAY SURVIVAL GUIDE

FOR THOSE WITH VESTIBULAR DYSFUNCTION

The holidays can be hard challenging no matter who you are. Having dizziness adds another twist to planning and the difficulty. Use this list to help guide you through this holiday season!

Traveling

Depending on your vestibular disorder, travel may pose a problem for you. Practice driving with your vestibular therapist, and come prepared for plane rides (think hydration, snacks, and comfortable clothes. [Read this article I wrote for more tips.](#)



[Ear planes](#) are also helpful in reducing pressure dysfunction.



Set a stopping time

If you choose to go to a gathering (yay you!) set yourself a stopping time. Setting a stopping time helps you give yourself permission to stop when you need to so you can go home and rest. Respect your own boundaries and stick to them!

Plan for recovery

The day after a big event, you may need to stop and recover. Remember that you need to listen to your body before and after. Charge your battery before you go, and let yourself rest afterward, even if you need to take it extra easy the next day.



Excuse yourself

No one will notice if/when you excuse yourself multiple times. If you're feeling overwhelmed, excuse yourself to get a drink, go to the restroom, or do something else. You can take a break from talking to others rest your brain, eyes, and feet! Remember that no one pays attention to you like you pay attention to you. ,



Exercise first

Exercise, take a class, or go on a walk before your event. This will help reduce your threshold overall for the day, so you have a higher capacity for activities throughout your day.



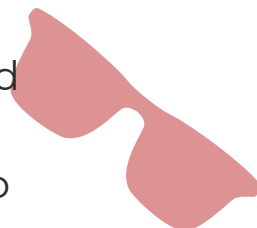
LIGHT & SOUND SENSITIVITY

During the holidays

Light and sound can quickly lower your threshold, so you won't be able to tolerate as much fun time. Here are some tips to prevent difficulty with various stimuli.

FL-41 Lenses

FL-41 lenses are blue light blocking glasses specifically designed for those with vestibular migraine and other vestibular dysfunctions. Bring them with you to decrease the sensitivity to light. [All my favorites are linked here.](#)

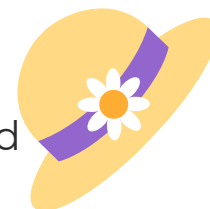


Ear Plugs

Some earplugs are designed for you to block the ambient sound (think crowds, buzzing sounds, etc.) but help you still be able to hear noise and talking. Loops, [linked here](#), do precisely that. Plus, they look good!

Hats

A hat may be a good idea for many reasons when you're outside, especially for shielding your eyes from all the light. You can also try this in box stores, while grocery shopping, and more!



Shopping

Big box stores are so frustrating. The visual vertigo symptoms mixed with the light and sound stimuli are difficult. Practice the Visual Vertigo module in Premium Content to avoid the visual vertigo symptoms. Then, use the tips from above to help avoid the sound and light stimuli.

Computer work

If you're doing your shopping online this year, use the 10:10 rule. For every 10 minutes on the computer, look up for at least 10s to relieve your eyes from the screen before continuing your work.



DINNER PARTIES

With a Vestibular Disorder

Dinner parties can pose an issue with the many stimuli paired with all the chatting and talking.

Sit at the head of the table

The head of the table has the least amount of head-turning. This helps prevent excess active motion sensitivity. Or, request a round table instead of a square/rectangular table so you can see everyone easily.

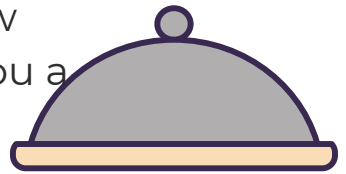


Sit, or touch a firm surface

Sit down or hold onto/lean against the wall to increase proprioception and decrease the number of skills you have to use at once. . This will help you be able to stay for longer.

Ask about food

Not all food will likely work for your needs. If you want to learn about what's inside the food, ask, "that looks awesome. How did you make it? What did you put inside?" That will give you a general idea about if it's safe for you.



Bring your own food

Offer to bring something to contribute to the gathering. You will know that at least one thing will be safe. If you will be dining out, call ahead, or order something that seems safe but pack snacks that work for you that you can eat.

Grocery Shopping

If you need to go grocery shopping but a store is a miserable place, there are two great options. (1) practice with the visual vertigo content and (2) order everything online!



REMEMBER THE BASICS

Do not forget about your normal routine. The holidays can start to get us out of our routines. Remember to take care of yourself first!

Sleep

Get enough sleep - you know how much sleep you need, that's what's important here! Take care of your sleep routine and needs. You cannot give from an empty cup.

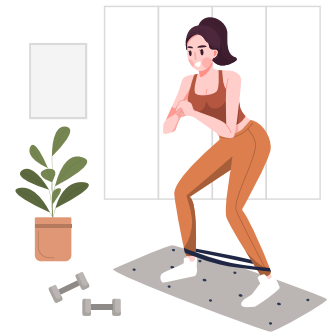


Stay hydrated

Your vestibular system is mostly water, and so is your body. So many symptoms of fatigue, dizziness and more come from how drinking enough water. Try for half of your body weight, in ounces, per day!

Stick to your exercise routine

Try to keep up your routine the best you can. Not every day is perfect, but you can move your body in one way or another on most, if not all, days!



Eat your normal diet



Stressful times aren't the time to try new foods. Your body may react differently to substances when you are extra stressed. Stick to what you know when it comes to days when you will be doing things out of the ordinary for you. Save new foods for a later date.

Stick to stress management habits

No matter your preferred method of stress management, use it to your advantage. It's impossible to take all the stress out of life. Instead, manage your stress appropriately by using techniques like breathing, relaxation, meditation, and exercise.

