



THE FAMILY ROOM PRESENTS:

Thriving and Surviving During the Holidays

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AGENDA

- ❖ Understanding why the holidays are so stressful
- ❖ Coping with holiday stress
- ❖ Supporting children through the holidays
- ❖ Open Discussion
 - Connect with families
 - Share traditions
 - Share ideas for managing holiday stress

WHY ALL THE STRESS?

❖ Extreme expectations

- Competing expectations

❖ Changes in routines

❖ Too much or too little

- Family
- Money
- Shopping
- Eating/Drinking
- Activities
- Time



REDUCING STRESS

- ❖ 1. Be realistic
 - ❖ We can't do it all
- ❖ 2. Prioritize what is most important:
Quality vs. Quantity
 - ❖ Seeing family
 - ❖ Going to events/activities
 - ❖ Religious observance
 - ❖ Spending time together
 - ❖ Gift exchange
 - ❖ Family meals



REDUCING STRESS

3. Acknowledge Emotions and Feelings

- ❖ Happy, sad, lonely, frustrated, excited
- ❖ All emotions are valid

4. Protect your self-care plan

- ❖ Take breaks
- ❖ Breathe often
- ❖ Nutrition, sleep, exercise
- ❖ Say No



SUPPORTING CHILDREN

- ❖ Prep for changes in routine
- ❖ Prep for changes in traditions
 - Discuss not being able to visit with family
 - Discuss not being able to attend annual events
- ❖ Go over rules and expectations in advance
 - If visiting with family or friends
 - If attending an event or activity
- ❖ Include children in creating new traditions
- ❖ Model and practice good self-care habits



OPEN DISCUSSION

What new tradition will your family be starting this year?

What traditions can you still practice?

What strategies do you have for managing holiday stress?

How can we help?



QUESTIONS?

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