

TIPS FOR DEALING WITH HOLIDAY STRESS



No doubt your holidays are looking a lot different than usual this year. But with a bit of additional thought and planning, this holiday season can be a special time that leads to some new traditions. Below are some tips from experts to help you thrive.

1. **PLAN AHEAD** - Prepare for the holidays ahead of time so you have time to assess what your options are. "Coping Ahead" is good in time so of uncertainty. Plans should involve keeping people busy, engaged, and happy.
2. **ASSESS THE RISK** - Think about at-risk members of your family and social circle and everyone's comfort level around gatherings and travel. Research the risk levels in your own community and also in the place you're considering visiting.
3. **MANAGE EXPECTATIONS** - Keep in mind the role you play in holiday gatherings. Hosts have different roles and responsibilities than guests.
4. **CONFRONT EMOTIONS** - Acknowledge the feelings and emotions you and others are going through; this helps them become less overwhelmed.
5. **START NEW TRADITIONS** - Be creative in your thinking and you may start a tradition that lives on beyond this year. Observe traditions digitally if possible, play virtual games, do activities, together over a virtual platform if you won't be seeing you're loved ones.
6. **PROMOTE A SENSE OF NORMALCY** - This is particularly important for children to observe, or those who are experiencing extreme emotions.
7. **EMPHASIZE THE GOOD** - Expressing positive emotions nourishes your happiness level. Do activities that promote this such as family gratitude journals, sharing positive stories and thoughts, or writing thank-you notes.

Sources: Psychology Today, Cleveland Clinic, and CBS News



TIPS & RESOURCES FOR A SAFE & CONNECTED HOLIDAY SEASON

Happy Hanukkah
Seasons Greetings



Happy Kwanzaa
Merry Christmas

RESOURCES

The holidays are typically a time for celebration and togetherness with family and friends but as the COVID-19 pandemic continues, many of us will be experiencing the holiday season apart from our loved ones. Below you will find tips and resources for celebrating safely while caring for your emotional well-being all season long.

GENERAL - (CLICK ON LINKS FOR ARTICLES)

- [Each Mind Matters: Tips and Resources for a Safe and Connected Holiday](#)
- [Mental Health During the Holidays: Five Tips to Ease the Struggle](#)

FOR TEENS

- [36 Indoor Activities For Teens During a Quarantine](#)
- [Your Happiness Calendar for December 2020](#)
- [Random Acts of Kindness | Kindness Ideas](#)

FOR YOUNG CHILDREN

- [23 Fun Quarantine Christmas Ideas 2020 - Holiday Traditions During COVID-19](#)
- [Best Family Movies of 2020 | Common Sense Media](#)

PARENTS/CAREGIVERS

- [How to Accept That Holiday Gatherings Are Canceled](#)
- [12 Ways to Have a Healthy Holiday Season | Health Equity Features | CDC](#)
- [Fun holiday activities to enjoy amid COVID-19 - Los Angeles Times](#)
- [Adapting Holiday Traditions During Coronavirus... | PBS KIDS for Parents](#)

MENTAL HEALTH SUPPORTS



• National Crisis/Lifeline

Call: 1 800 273-8255

• California Warm Line

Call: 1 855 845-7415

• Teen Line

Call: 1 800-TLC-TEEN (852-8336) 6pm to 10pm daily
Text "TEEN" to 839863 6pm to 9pm daily

• National Parent Health Line

1-855- 4A PARENT (1-855-427-2736)