



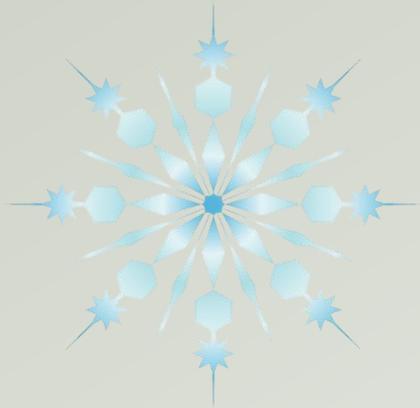
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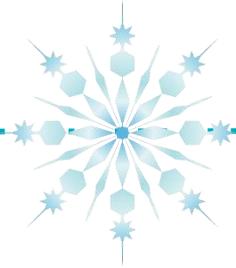
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Managing Holiday Stress

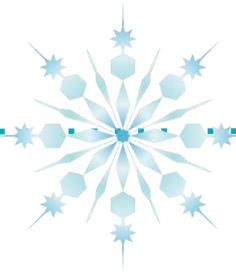


&

Promoting Wellbeing



Draw a picture of a gift you cherished!



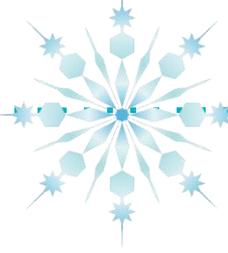
Icebreaker

Explain your picture



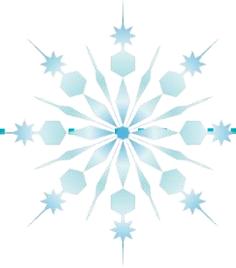
Objectives

- Look at some causes of holiday stress
- Talk about stress reactions & how we might manage
- Talk about what decisions we can make to keep ourselves well



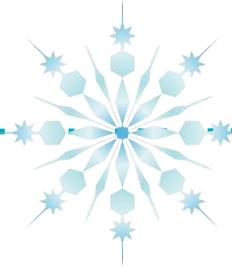
What holiday stressors might you experience this year?





What are some common stress responses?





What are some general stress management ideas?





More on Stress Management

Short Term

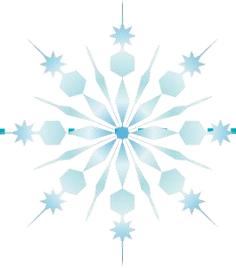
- Free
- Some but little practice
- Provide quick relief
- Performed anywhere

- Long Term (Habits)
- Lifestyle choices and routines that help ward off stress and deal with challenges in healthy ways

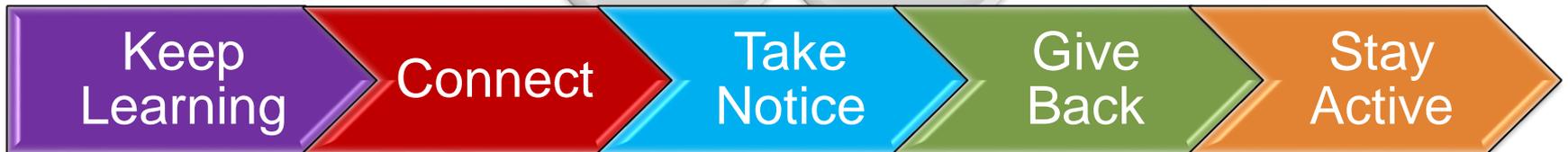


So then what is resilience?





Share your examples of resilience?



Intellectual

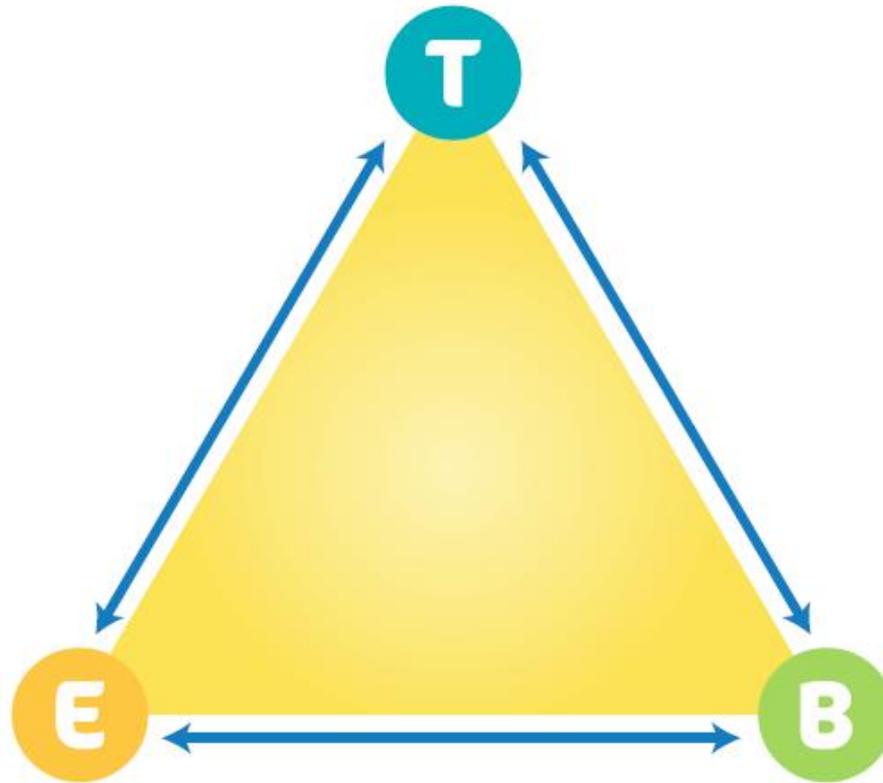


**KEEP
LEARNING**

- Keep learning
- Learn about your own strengths
- Consider optimism
- Consider reframing
- Seek out people to learn from
- Rest, eat well & exercise

THOUGHTS

What we think affects
how we feel and act.



EMOTIONS

How we feel affects
what we think and do.

BEHAVIOUR

What we do affects
how we think and feel.



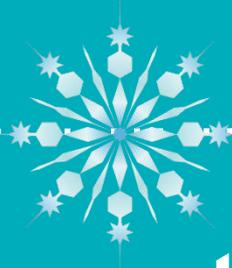
Emotional

- Gratitude practice
- Self-compassion
- Reflect on positive emotions
- Make a playlist
- Spend time with animals/pets

Social

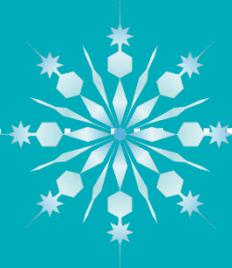
CONNECT

- Remain connected
- Be open to new rituals
- Celebrate virtually
- Socialize safely
- Have fun with close contacts
- Who are you surrounding yourself with?



Occupational

- Prioritize the most important tasks
- Micro breaks
- Play
- Energy conservation
- Accept help from loved ones and friends, ask for support



Cultural

- Consider traditions
- Learn & respect
- Celebrate
- Rituals
 - What are some of the rituals that you can maintain

Spiritual

**TAKE
NOTICE**

- Remember the true meaning of the holidays - no one can 'cancel' your special celebration
- Faith communities streaming their services online
- Holiday music/playlist
- Live in the moment: mindfulness
- Find yourself in nature



Financial

- Gifts can be fun, but try to remember it is the thought that counts!
- FCSS resources
- Gift exchange instead of getting every family member gifts
- “re-use” gift exchange (or homemade)
- Price limit on gifts
- Make a budget. Keep track of holiday spending

Environmental

- Physical distancing
- Give back
- Give the gift of health
- Outdoors
- Consider gifting experiences



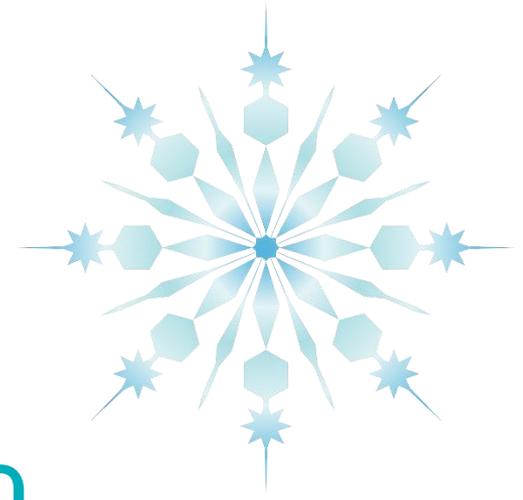
**GIVE
BACK**

Physical

**BE
ACTIVE**

- Maintain or build on your healthy habits and routine
- The holidays can be tempting, seek moderation around food and drink
- Get plenty of sleep

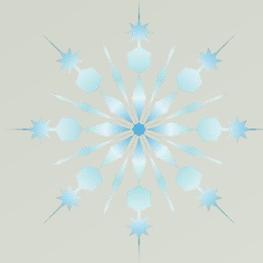
Action Planning



1. Piece of paper & pen
2. Write down a plan
3. What you need to get your plan done

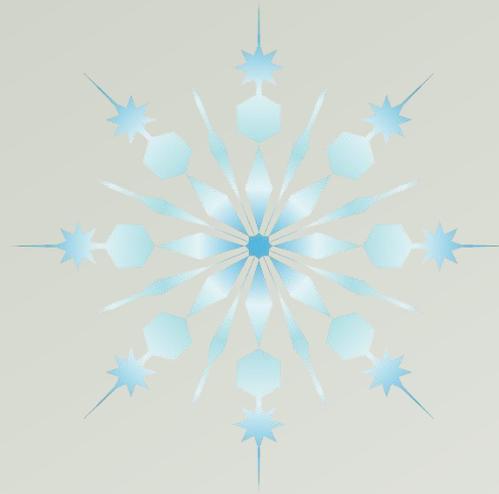
Consider the following list of supports that you could reach out to if a topic triggers negative thoughts and feelings that upset you:

- Step away and do some self-care (ie. Exercise, breathing, journaling, engage in a hobby (reading, art, etc.)
- Talk about it with a trusted friend or family member
- Talking about it with a professional therapist or counsellor
- Phone the Mental Health Help Line 1-877-303-2642
- Visit Wellness Together Canada at ca.portal.gs
- Visit [Togetherall.com](https://togetherall.com)
- Visit AHS Help in Tough Times at <https://www.albertahealthservices.ca/amh/page16759.aspx>
- If the situation is urgent, call **911**



“Sometimes it feels like there are so many things in this world we can’t control. Earthquakes, floods, reality shows... But it’s important to remember the things that we can. Like forgiveness, second chances, fresh starts... Because the one thing that turns the world from the longing place to a beautiful place... is love. Love and any of its forms. Love gives us hope... Hope for the New Year. That’s what New Year’s Eve is to me. Hope and a great party!”

~ Sam the Movie (Josh Duhamel) ~



**Thank you for
joining us!**

References & Resources

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References & Resources

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- Public Health Agency Canada – basic tips: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/guidance-documents/plan-safe-holiday-celebration.html#a7>
- Mental Health Foundation UK – tips for supporting mental health during the pandemic through the winter and the holidays: <https://www.mentalhealth.org.uk/coronavirus/facing-winter-during-coronavirus-pandemic>
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References & Resources

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- 12 Ways to Cope with the Holidays
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