

Dealing with holiday stress for teens

How to deal with Holiday highs & lows

FOR TEENS

Breathe

TAKE A MOMENT AND JUST BREATHE. SLOW YOUR THOUGHTS & CALM YOUR NERVES.

Walk away

IF YOU'RE FEELING OVERWHELMED, IT'S OK TO EXCUSE YOURSELF & WALK AWAY.

Survival guides

HAVE THINGS THAT MAKE YOU FEEL SAFE. A FAVORITE BOOK, SONG, OR A JOURNAL.

Fun & free

DO THINGS THAT MAKE YOUR HEART SOAR. CLIMB A TREE, LOOK FOR HEART ROCKS, TAKE PICTURES.

Gives

IT ALWAYS FEELS GREAT TO GIVE. WHETHER IT BE A COMPLIMENT, A GIFT, A WARM MEAL OR EVEN A HUG.

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Holidays are here and they sure did come fast! So many emotions are happening; excitement of having time away from school, to sleep in, relax and

hang out with your friends and of course, no homework. Yet then some of that excitement can turn into anxiousness, as you will be spending some extra time with family members or relatives, which for some, can be a bit stressful.

Let's face it we all have the extra loving relative that pinches your cheeks, hugs you too tight and gets all up in your business or worse, drinks too much and causes the holiday cheer to be the holiday HELL.

Here are a few things you can do to keep your sanity, self esteem, self worth during those stressing holiday moments.

- **Breathe** – When we breathe it slows down our nervous system allowing us to slow our thoughts, actions and also what comes out of our mouth. You don't want your stress turning into guilt because of something you said.
- **Walk Away** – If anyone in your family is starting to get on your nerves or is saying unkind things, we have the power to walk away. Simply excuse yourself and go find a safe place to collect your thoughts for as long as you need. You do not have to show up to every person's DRAMA
- **Survival guide** – Have things or activities that make you feel safe; a room, your bed, a friend, a song, a walk, a pet, anything that you can do or have near you in case you feel unsafe or overwhelmed. (Safety not only physically but emotionally and spiritually.)
- **For Fun & For Free** – Do things that ignite a smile or makes your heart soar. Walk on the beach, climb a tree., take pictures of your pet and make them designer pics with a free app. Look for heart shaped rocks, collect followers and make a flower press collage. Anything that makes you smile and gets your creativity following.
- **Giving** – Holidays are not about the prezzies. They are about giving and

finding joy in everything you do. Find one thing you can do to give to others in a small way, it does not have to be a present but something as simple as a compliment, a letter, a warm meal, or even volunteering your time. Time is the best gift to give.

Last but not least, do one thing for yourself to appreciate you. Go out and treat yourself to your favorite dessert, go to the library and find a new book that you can get lost in, or even just look in the mirror and acknowledge that you are amazing and worth it all.

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