

Holiday Toolkit



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Acknowledging the Changes & Stressors

The holiday season often brings a unique set of changes and stressors compared to other times of the year. Here's a list acknowledging some of these differences.

1. Increased Social Obligations

- **Family Gatherings:** Multiple family events.
- **Friend Celebrations:** Packed social calendar.

2. Financial Pressures

- **Gift-Giving:** Strain on budgets from presents.
- **Travel Costs:** Rising expenses for trips.
- **Holiday Sales:** Temptation to overspend.

3. Emotional Stress

- **Expectations:** Pressure to meet high standards.
- **Loneliness:** Increased feelings of isolation.
- **Grief:** Reminders of lost loved ones.

4. Time Management

- **Busy Schedules:** Juggling work and activities.
- **Event Planning:** Time-consuming organization.

5. Diet and Health Concerns

- **Holiday Foods:** Rich foods affecting health.
- **Routine Disruption:** Impact on exercise and wellness.

6. Workplace Dynamics

- **Holiday Breaks:** Changes in work routines.
- **End-of-Year Deadlines:** Intense task pressure.

7. Weather and Travel

- **Winter Conditions:** Disruptions from weather.
- **Travel Stress:** Crowded travel environments.

8. Tradition and Cultural Differences

- **Varied Celebrations:** Different holiday practices.
- **Adaptation:** Stress from adjusting to customs.

9. Consumerism and Marketing

- **Advertising Pressure:** Urgency from marketing.
- **Seasonal Promotions:** Risk of impulsive buying.

10. Mental Health Impact

- **Increased Stress:** Cumulative anxiety and stress.
- **Expectations vs. Reality:** Gaps between ideal and actual experiences.



Holiday Stress Exercise

HOLIDAY STRESS SELF-REFLECTION

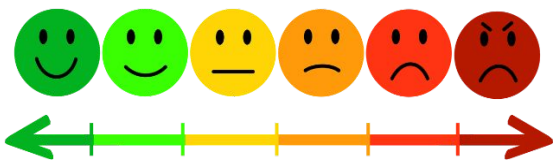
TODAY'S DATE: _____

WHAT ARE YOUR TOP THREE HOLIDAY STRESSORS?

- 1.
- 2.
- 3.

WHICH OF THESE STRESSORS CAN YOU CONTROL?

HOW DO YOU FEEL ABOUT THE HOLIDAYS?



WHAT IS ONE BOUNDARY YOU CAN SET TO PROTECT YOUR MENTAL HEALTH?

WHAT ARE THREE THINGS YOU ARE GRATEFUL FOR THIS HOLIDAY SEASON?

- 1.
- 2.
- 3.

WHAT IS ONE SELF-CARE ACTIVITY YOU CAN DO DURING THE HOLIDAYS?

WHEN CAN YOU DO IT?

WHO CAN SUPPORT YOU IF THE HOLIDAY STRESS BECOMES OVERWHELMING?

HOW WILL YOU REACH THEM? _____

WRITE AN AFFIRMATION OF YOUR STRENGTH AND RESILIENCE.



Holiday Survival Guide

10 TIPS TO MANAGE OVERWHELM & ENJOY THE SEASON

1

Feeling overwhelmed during the holidays is common and normal. Acknowledge these feelings rather than trying to push them away.

2

It's okay to limit your holiday commitments. Prioritize your well-being by choosing which events to attend and scheduling time to recharge.

3

Create and stick to a budget to avoid financial stress. Focus on meaningful gifts rather than expensive ones to stay within your limits.

4

Maintain healthy habits like a balanced diet, regular exercise, and sufficient sleep. Engage in relaxing activities like reading or meditating to unwind.

5

Share your feelings with friends, family, or a counselor to lighten your emotional load. Surround yourself with supportive people who understand your stress.

6

Plan ahead with a checklist for holiday tasks and events to manage your time effectively. Don't hesitate to delegate tasks to others to reduce your burden.

7

Set realistic goals and avoid aiming for perfection. Be flexible with your plans and adapt as needed to reduce stress.

8

Focus on being present and enjoying the moment instead of stressing over details. Use relaxation techniques, such as deep breathing, to manage anxiety.

9

Avoid situations or people that increase your stress levels. Consider reducing your exposure to holiday-related media if it adds to your anxiety.

10

Shift your perspective by focusing on what you're grateful for. Use positive affirmations to remind yourself of your strengths and resilience.

As you embrace the holiday season, remember that it's okay to prioritize your well-being. By managing your stress, setting boundaries, and focusing on what truly matters, you can create a more joyful and meaningful experience. Take time to breathe, be present, and celebrate the moments that bring you happiness. Wishing you a peaceful and enjoyable season!



Mental Health

Need Support Now?

- If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat 988lifeline.org
- [National Alliance on Mental Illness \(NAMI\)](https://nami.org):
Phone: 1-800-950-NAMI (6264) ; Text: NAMI to 741741 (Crisis Text Line)

Substance Abuse

- [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](https://samhsa.gov):
1-800-662-HELP (4357)

MHA Mental Health Test

- Determine whether you are experience symptoms of a mental health condition
- [Mental Health America \(MHA\) Mental Health Test](https://mha.org/mental-health-test)

MHA Stress Test

- Questionnaire to determine the degree of stress you are experiencing
- [Mental Health America \(MHA\) Stress Test](https://mha.org/stress-test)

PeopleOne Health

- [Mindful Moments](#)
- [Create a Positive Mindset](#)
- [Manage Your Stress the Mindful Way](#)
- [Your Guide to Gratitude and a Happier Life](#)
- [Introduction to Mindfulness](#)

Health & Wellness

Physical Activity & Movement

- **Centers for Disease Control and Prevention**
 - [What Counts as Physical Activity for Adults?](#)
 - [Physical Activity Guidelines for Americans](#)
 - [Increasing Physical Activity Among Adults with Disabilities](#)
- Are you looking for fun ways to be physically active, check out some of these options:
 - [Places to Be Physically Active](#)

Healthy Eating

- **Centers for Disease Control and Prevention**
 - [Healthy Eating Tips](#)
 - [Nutrition Guidelines and Recommendations](#)
 - [How to Have Healthier Meals and Snacks](#)
- **MyPlate**
 - [What is MyPlate?](#)
 - [Start Simple with MyPlate](#)
 - [Tips for All Stages of Life](#)
 - [Celebrations and Gatherings](#)

PeopleOne Health

- [Fitness Game](#)
- [Food Tracker](#)
- [Setting Goals Feature](#)
- [Community Feature](#)
- [SparkCoach](#)
- [Healthy Living](#)
- [Healthy Recipes](#)
- [Educational SparkUniversity Courses](#)

