



Feel-Good Friday

If planning for, preparing for, participating in, and cleaning up from the holidays feels stressful, here are a few tips to keep in mind:

- Early in the holiday season, reflect on what activities have created lasting, positive memories of previous holidays and determine what is truly important to you about each holiday. Then, think about what is most important for your family and friends about the holidays, and discuss any changes you would like to make to your shared traditions.
- Family and friends may have different comfort levels in participating in holiday gatherings due to COVID-19. Expectations about safety precautions at any gathering you host or attend may be clarified in advance to avoid misunderstandings. Video conferencing and phone calls remain options for connection.
- Every person has constraints on their time and resources for holiday decorating, hosting and attending holiday events, and gift giving. When evaluating options, consider prioritizing activities that will bring more joy than stress or discomfort for you, your family, and your friends. Would scaling back on the scope of your celebrations help you to be more fully present in them?
- When stress and anxiety arise, take a moment to stop and refocus yourself on the purpose behind what you are doing. Try to find the positive in that moment, such as how you are spending time with family (or a moment alone) while decorating.
- Practice gratitude each day to help you focus on positive thinking.
- Holidays may be filled with grief over the loss of loved ones. Try to find someone to share in your memories. If grief or stress is overwhelming you, please reach out to a mental health professional for help.

You Can Address Holiday Stress

*To receive email updates on current Emotional Wellness Programs, including virtual presentations, send an email saying "Feel Good" to emotional-wellness-no-reply@tricityfamilyservices.org