

Thriving Through the Holidays

Objectives

Describe why holidays are more stressful than other times of the year.

Identify your “limits” during the holidays.

Explain coping skills to help you stay emotionally healthy.

What stresses you about the holidays?

Common holiday stressors

Finances

Overcommitment

Family/relationships

Excessive eating and drinking

Negative emotions

Limits and boundaries

Limits – our personal capabilities

Boundaries – How we apply our limits in any given situation

Finances

Create a budget

Make a list

Be a savvy shopper

Overcommitment

Set your priorities

Learn to say no

Remember the fun

Family/relationships

Set realistic expectations

Determine your boundaries

Address unresolved conflict

Accept others' differences

Excessive eating and drinking

Plan time for exercise

Be aware while you're eating

Use caution with beverages

Negative emotions

Practice radical acceptance

Exercise mindfulness

Practice self-compassion

Utilize your support system

Poll

What will you do differently this year?

Your Program

Call toll-free or visit us on the web

24 hours a day/7 days a week

Thank you!

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