

STRESS AND THE HOLIDAYS

We had a great turnout for the December 3rd meeting that featured Kris Huschle as the guest speaker and discussion facilitator.

The group discussed the impact of stress on families and brainstormed resiliency building strategies to help support children and families through these challenging weeks:

- 1) Provide a listening ear. The Holidays bring up many kinds of feelings and it often helpful to be able to talk things over with a safe and empathetic person.
- 2) Acknowledge the strengths you see in the person. Explore how these strengths have helped them make it through previous tough times.
- 3) Explore options and other ways of seeing a situation. People who are living in stressful circumstances sometimes need to hear that change is possible.
- 4) Explore with the one little thing that can be changed- this can sometimes lead to a pivotal point in that person's life.
- 5) Normalize that we are all impacted by stress and have to figure out ways to cope. There are no perfect people or families..
- 6) Smile! Offering a smile can sometimes be enough to brighten a person's otherwise dull day.

ALSO be listening to Bicoastal Media radio stations Power 96, Big Red, Cool 105.5, KGOE and ESPN for our "Simply the Season" community education campaign.