

I DON'T KNOW HOW TO HANDLE HOLIDAY STRESS

Webinar Tip Sheet

REPLAY LINK: [HTTPS://VIMEO.COM/889592939](https://vimeo.com/889592939)

Check in with your children

Holidays can be stressful for everyone in the family. Check in with your kids. Just have the conversation to ask how they are feeling. Let them know you will help them navigate uncomfortable situations if they occur.



Focus on connection

Make opportunities for you and your children to connect with others. Schedule get-togethers with friends. Find fun activities to do with your children. Involve your children in the planning of the holiday schedule. Let go of perfection and focus more on connection.



Find ways to process your feelings

Holiday time can reawaken feelings of grief, loss and guilt for what your children have lost. Expect that this time of year may be hard. Find ways to process your feelings and honor your loved ones. Lean on your support system and accept help if needed.



Create new traditions

Continuing traditions can be a wonderful way to remember loved ones we have lost, but these traditions can be hard when grieving. Continue with the traditions that you find comforting and create new traditions by getting your kid's input and having them contribute to family traditions.

