



DECEMBER NEWSLETTER



With the extremely low attendance at Parent University, the Scott County Catholic School counselors will move to sending out quarterly newsletters.

HOLIDAY STRESS

"It's the most wonderful time of the year" with layers of stress in the busy day to day lives that we have. If you're feeling stressed, you're not alone. There are nine challenges that can often feel overwhelming this time of year: work-life balance; navigating family conflict; struggling with gift-giving, financial strain, or commercialism; struggling with expectations; grief & loss; feeling disappointed, loneliness; seasonal affective disorder; and managing struggles with alcohol use.

There's so much to do between home and work and even if we take time off, the work doesn't always pause. All of the competing tasks at work, spending time with friends, family, expectations, and traditions can lead one to feel stressed and overwhelmed. With all that stress we might have, our fuses oftentimes become shorter. Joe Grasso shares that "...expectations can set us up for unhelpful anxiety and unneeded disappointment when things don't look picture-perfect."

It can help to set realistic expectations and priorities. It is ok to say no. When we plan ahead it can help us anticipate and identify holiday stress triggers. When we know what those triggers are, we can make a plan on how to help get rid of some of that stress.

While this season may have once been a source of joy it could be a painful reminder of what's been lost. Recently Mrs. Wolf heard someone say that all the grief and pain we experience from losing a lost one is all the love that we never got to finish giving them.

With the holidays there is also the change in the seasons. Less daylight in the winter time, the cold keeping us cooped up, can contribute to Seasonal affective Disorder. This is a type of depression. Depression symptoms can increase holiday stress.

The stress during the holidays is typically short-lived. Therapy, coaching, and counseling can help with managing the stress. It's normal to need the extra support. Other ways to help combat the stress can be found below along with a Self-Care Challenge on the back of this page.

TIPS TO HELP COMBAT THE STRESS!

- Talk to your manager ahead of time. Ask about opportunities for adjusting workloads or making flexible arrangements over the holidays.
- Make your time count: cook nourishing meals, make time for exercise, avoid mindless activities that are time consuming like scrolling through social media.
- Set boundaries. Carve out time for yourself and limit activities that may harm your mental health. Communicate kindly and clearly with loved ones about your boundaries.
- Practice acceptance, sometimes there are things that are out of our control.
- Make a budget and stick to it.
- Create family traditions that don't require event tickets or expensive supplies.
- Plan ahead
- Practice gratitude, has been shown to increase positive emotions and improve health
- Make time for things that bring you joy.
- Consider seeking help from your doctor.
- YOU ARE NOT ALONE



Self-Care Challenge

Drink More
Water

Take A
Relaxing
Bath

Set Goals
For The
Next Month

Learn
A New
Hobby

Find A New
Podcast To
Listen to

Get 8
Hours Of
Sleep

Disconnect
From Social
Media For
One Day

Celebrate
A Small
Win From
The Day

Wear Your
Favorite
Comfy Outfit
All day

Read A
Book

Write out a
gratitude list

Exercise for
30 minutes