



# Managing 2020 Holiday Stress

# Resources

For Presentation Slides,  
Resourceful Links &  
Additional Information

**TEXT MENTALHEALTH  
TO 33777**



# POLL QUESTION

What are your major holiday stressors? (multiple choice)

- Finding time for holiday planning while working
- Dealing with loved ones
- Grief and loss issues due to COVID-19
- Financial stress
- Holiday blues
- Other

## HOLIDAY STRESS BY THE NUMBERS

- American Psychological Association Survey

Lack of money 61%

Pressure of gift giving 42%

Lack of time 34%

Credit card debt 23%

Affect on physical health 36%

Eating 22%

Alcohol 14%

- Women are more stressed than men
- Parents are more stressed than non-parents



## DON'T FORGET THE KIDS

- Kids can feel stress, too.

Take a moment to spend quality time with your kids!

- They can feel lost in the shuffle.

Often they'll take emotional cues from parents and caregivers

Assign tasks that are suitable to each personality and age group

Becomes a tradition for the child and sense of purpose

- Kids mostly crave structure.

Keep them posted on plans

Try not to over-schedule

Let them run the excess energy off



# The Holidays are Different This Year

- Lost loved ones
- Not being able to see those at risk
- Modified or canceled plans
- Inability to practice
- Those Zoom holiday dinners aren't quite the same
- Loved ones under financial duress





## 5 TIPS FOR BEATING THE HOLIDAY BLUES

**CHILL OUT.** Avoid overbooking yourself and make sure to take time for self-care.

**HIBERNATE.** Make sure you get enough sleep.

**BREAK OUT THE ICE SKATES.** Take time to exercise, even if it's just taking a spin around the rink.

**DON'T FREEZE PEOPLE OUT.** Spend time with people who love and support you.

**MODERATE THE MERRIMENT.** Eat and drink in moderation, and don't drink alcohol if you are feeling down.

[WWW.MENTALHEALTHFIRSTAID.ORG](http://WWW.MENTALHEALTHFIRSTAID.ORG)



# Honor Your Feelings

- Honor your grief and loss
- Practice Self-Compassion
- Silence Inner Critic
- Meditation/Mindfulness
- Journaling
- Talk with somebody
- Don't push happiness and joy





# Control what you can, let go of the rest

- What you can control:

- Your own thoughts
- Your own emotions
- Your own behaviors
- Your own choices

- What you can't control:

- Other people's thoughts
- Other people's emotions
- Other people's behaviors
- Other people's choices
- Outcome of situations
- COVID-19

# Prioritize Safety

- Assertive communication
- Avoid defensiveness or arguing
- Set boundaries:
  - [www.cloudtownsend.com](http://www.cloudtownsend.com)



# Balance as a Way of Life

- Remember and honor your personal priorities
- Stay conscious of how you spend your time
- Keep asking, “Am I making the choices I truly want?”
- Foster presence



# Time Management Strategies

- Prioritize
- Delegate
- Simplify (DEF Scale)
- Postpone what isn't urgent or important



- Let go of perfectionism
- Put limits on screen time
- Eliminate time wasters
- Set time limits

# Structure Your Days & Weeks

- Self-care
  - Breaks
- Sleep schedule
- Meals
- Work time
- Dependent care
- Support
- Accessing the news and social media only once or twice daily



# Ask for Help

- Push past barriers that keep you from receiving support
- Be assertive, don't be a Doormat
- Outsource



# Barriers to Accessing Support

- Fear (difficulty trusting)
- Pride
- Shame or stigma
- Guilt
- Fear of imposition
- Low self-esteem, not feeling deserving
- Learned helplessness
- Hopelessness
- Loss of power and control (ego)
- Loss of credit (ego)
- Early life messages
- Expense
- Introversion or shyness

# POLL QUESTION

What has caused you stress during previous holidays that you can learn from? (multiple choice)

- Over-spending
- Over-doing—trying to make everyone happy at expense of myself
- Over-indulging
- Not asking for help
- Not setting boundaries
- Neglecting self-care



## REASON FOR THE SEASON

- Ask yourself...

What do the holidays mean to me?

What am I celebrating?

What values do you think of when you think of your holiday?

Consider past holidays...where did you invest your energy? What is it worth it?

As a family, consider the traditions and rituals that you practice. What ones do you enjoy?



# Managing Holiday Anxiety

- Zoom out to gain perspective
- Avoid comparing yourself to others
- Notice negative or catastrophic thinking
- Visualize things going well
- [Managing holiday social anxiety](#)



# Things You Shouldn't Feel Guilty About

- Choosing to stay home this year
- Becoming anxious for the season or days to be over
- The plans you choose to make for the holiday
- Feeling bummed out this year
- Feeling more emotional than usual
- Doing your own thing
- Needing space for yourself
- Enjoying yummy food

# Dealing with social anxiety this holiday season



HOLIDAY SOCIAL ANXIETY

**FOX 32**

23° 9:26

## CALIBRATE YOUR EXPECTATIONS TO ZERO

SOUTH SUBURBS | 10AM ☀️ 26° | 2PM ☁️ 35° | 6PM ☁️ 33° | UAB.COM

<https://www.joyce-marter.com/blog/media-outlet/fox-32-news-dealing-social-anxiety-holiday-season/>

## BIG STRESS #1 “FAMILY/FRIENDS GET TOGETHERS!”

- Tips to try...

Don't enjoy holiday cooking or baking? Buy prepared foods instead of cooking everything from scratch

Ask others to bring a favorite dish, pot-luck style

Cook and freeze dishes ahead of time

Don't spend all of your time planning family activities

Take time to finish the task at hand; don't try to do everything at once

Ask others to help with the chores

That includes cleaning the kitchen after the big meal...!



# Managing Difficult Conversations

“ I see it differently.”

“Let’s agree to disagree.”

“Let’s not discuss politics and play a game instead.”

Practice detachment—be a duck, avoid getting hooked

Use humor to keep it light

Ask yourself, “Is it kind? Is it necessary? Is it true?”



# Focus on What Matters

- Set an intention for the holidays
- Practice gratitude
  - [How to promote gratitude in your children](#)
- Give to charities
- Focus on experiences rather than possessions
- Be of service
- Dial back on materialism and consumerism
- [The best gifts to give someone according to their Love Language](#)



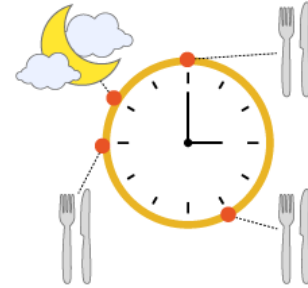
# Tips to Stay Chill During the Hectic Holiday Season



Focus on spending time with your family.



Don't feel pressure to overspend on gifts.



Keep bedtimes & meals on a regular schedule.



Volunteer as a family to help others.



Concentrate on one task at a time.



Set a good example & take care of yourself.



joyce-marter.com  
joyce@joyce-marter.com



# Set a Budget

- Discuss with partner or loved ones
- Get creative
  - Small donations in the person's name without amount
  - Acts of service
- Stick to it
- Prioritize inner peace
- Let go of guilt



# Managing Cabin Fever

- Get outside every day even if it is cold
- Get dressed for the day
- Utilize every space in your home
- Shake it up so days and weeks feel different



# Managing Seasonal Affective Disorder (SAD)

- Get outside
- Stay connected
- Light therapy
- Vitamin D
- Exercise
- [Podcast interview](#)



# New Year's Recommendations

- Set intentions, rather than resolutions
- Create a vision board
  - Article:  
[How to Make a Vision Board for the New Year](#)



# How to Make a Vision Board for the New Year

Written by Joyce Marter  
[www.joyce-marter.com](http://www.joyce-marter.com)

1. Gather supplies: poster board, scissors & images to choose from



4. Set the intention for your vision board by reflecting on your goals & wishes for the new year

8. Reflect on your vision board by noticing patterns & themes

2. Set aside a block of time: 1-2 hours

5. Silence your inner critic & open yourself to abundance by aiming high

3. Practice mindfulness (stretching, yoga, meditation) to prepare yourself

6. Select pictures, images or words that symbolize all that you welcome

7. Adhere images to your board: there is no right or wrong!

9. Live your life in a way that supports your vision: let your vision board inspire you to tend to your needs & dreams



# Q&A



# POLL QUESTION

What are you going to do differently based on today's presentation? (multiple choice)

- Dial back expectations
- Practice gratitude
- Keep it simple
- Ask for help
- Say no and set boundaries
- Create a new tradition that works with pandemic restrictions

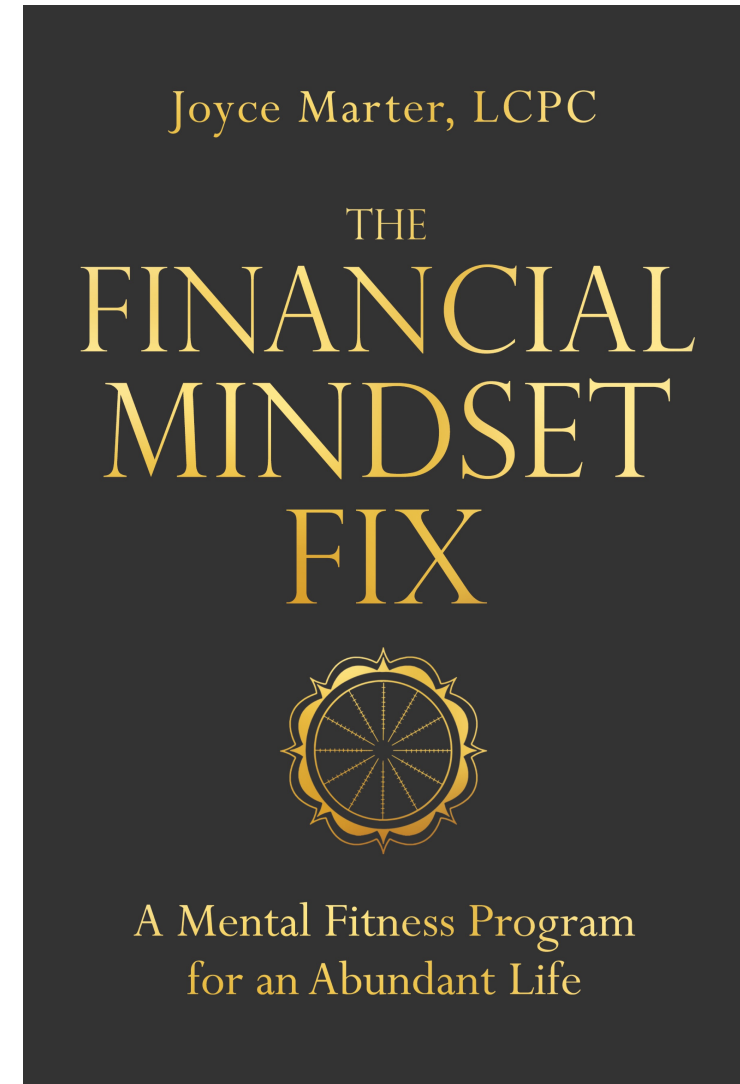
# Upcoming Resource

Published by [Sounds True](#)

*Available for pre-order on Amazon in May 2021*

*Available in bookstores July of 2021*

*Mental Health & Financial Health Corporate Wellness Program*



joyce-marter.com  
joyce@joyce-marter.com





I  
I am love  
I am beauty  
I am strength  
I am empowered

Joyce Marter

Rejoice!



Thank  
You!

JM  
JOYCE MARTER

[www.joyce-marter.com](http://www.joyce-marter.com)

[joyce@joyce-marter.com](mailto:joyce@joyce-marter.com)



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**33777**