

A WEEK OF WELL-BEING

For the Holiday Season



*Practical Tips, Strategies, and Resources to Support
Bliss and Peace for You and Your Family this Holiday Season*



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CREATE A BLISSFUL HOLIDAY SEASON



If the holiday season is a source of stress for you and your family, **know that you are not alone**. Recognizing that many others share the experience of stress during the holidays **just like you** helps validate your experience and allows you to prioritize well-being for yourself and your family during the holidays. Below are tips and resources to help.

Tips

Focus on Your People

Enjoying the holiday season is about being with those we love. It is not about gifts, how much we spend, being a perfect host, or finding time to connect with everyone in our life. Make it about those most important to you and the traditions (new or old) **that you enjoy sharing together**.

Don't Do it Alone

Don't be the only magic holiday-bringer! The season comes with a lot of emotional labor. **Share the work** with your loved ones. Planning, decorating, and cooking together can make it fun instead of exhausting and allows you to spend quality time and be present with your loved ones.

Make It Your Own

Each family is unique. Your traditions and celebrations don't have to look like anyone else's. Put your time and energy into the things that bring **YOU and your loved ones** joy, not stress.

Focus on the Done List, NOT the To-Do List

You do a lot all year! Don't try to do it all during the holidays. Do **only what makes the season special** for you and your loved ones.

Additional Resources

www.ffcmh.org | www.nfstac.org

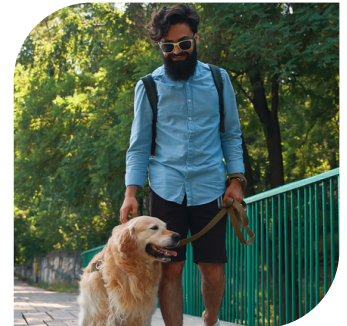
[Coping with Holiday Stress](#)

[Addressing Emotional Labor](#)

[Get Tips for Coping with the Holidays Alone](#)



CONNECT WITH YOURSELF AND OTHERS



Whether you have too many holiday events on your calendar or are experiencing loneliness this holiday season, **make time for you and support your family** in doing the same! Be thoughtful about when, where, how much, and with whom you'll spend the holiday season.

Tips

It's Ok to Say No

There is only so much time in a day and so many days in a month. Don't feel the need to attend every holiday event. **Choose what is most important** to you and your family. Commit to events that are meaningful to you and take a store-bought pie instead of baking.

Set and Maintain Boundaries

1. **Recognize what you want:** Reflect on past experiences and tune into your feelings and experiences of positive and negative situations.
2. **Communicate a new boundary:** Express your desires using "I" statements and work to find a reasonable compromise with others.
3. **Reinforce a crossed boundary:** Center your feelings and desires when communicating a crossed boundary and make a plan to reset.

Trust Your Expertise

During the hurried holiday season, it's easy to forget to listen to our body, mind, and spirit. Stay connected with yourself. Notice how you are feeling mentally and physically and pay attention to how your loved ones are doing, too. If you or they are feeling irritable or overwhelmed, cross something off the itinerary and take time for quiet respite. A simple, "Sorry, we can't make it after all," is ok! Remember **you are the expert** on your family.

Additional Resources

www.fcmh.org | www.nfstac.org

8 Things to Say No To
Tips to Support Your Mental Health
The Importance of Family Time
Balance Alone Time and Social Time

PLAN FOR A PEACEFUL SEASON

Surveys show people are more stressed, anxious, or depressed during the holidays; people with mental health and/or substance use concerns experience higher levels of challenge; and many use substances as an unhealthy coping mechanism. Maintain peace for yourself and family by knowing what interferes with your bliss and planning in advance.



Tips

Give Yourself Grace

We often give others more room for frustration, dropping the ball, and absent-mindedness during this busy time of year. We don't extend that same grace to ourselves enough. Practice self-compassion, self-respect, and self-care. **Apply the golden rule in reverse!**

Find Your Thing

The best stress reduction technique is the one **that works for you!** Explore the suggestions in the article [linked here](#) and in tomorrow's well-being week post. Pick one or two that are easy to integrate into your life and that you and your family can enjoy together!

Find Balance in Holistic Well-Being

We can ALL benefit from working toward holistic well-being. Before choosing from our suggested self-care strategies, learn more in the additional resources below. Reflect on how you're tending to these nine areas of your life. Where might you **benefit from some rebalancing?** Pay attention to and nurture all aspects of your well-being.

Physical

Social

Emotional

Financial

Cultural

Environmental

Spiritual

Intellectual

Occupational

Additional Resources

www.ffcmh.org | www.nfstac.org

Wellness vs. Well-Being

Finding Balance: Nurturing Well-Being

Interactive: 9 Dimensions of Wellness

PAUSE FOR INNER PEACE



Tips

Guide Your Morning Light

Start each day with a brief meditation to set the tone **with a calm mind and body**. Need a guide? Try these [5 free meditation apps](#) or one of these [YouTube channels](#).

Sprinkle Daytime Joy

During the day, listen to your mind, body, and spirit. Self-care looks different for each person. Remember the 9 aspects of wellness. Take time for activities **that offer YOU balance**.

- Listen to **music** or **podcasts**
- **Shake** or **dance** out your stress
- Spend time in **nature** or near **water**
- Make time for **exercise** or take a **walk**
- Watch a favorite **movie, TV show, or sport without binging**
- **Practice** [trauma-informed, restorative yoga](#)
- Read a **book, magazine, or article**
- Get **creative** or **artistic**
- Spend time with **your pet(s)**

Midday Slow Down

You can't pack more hours into the day. **Resist the urge to multi-task**. [Studies](#) show we're less efficient and make more mistakes when we do several things at once. Need help slowing down?

- Try these [breath work practices for adults, teens, and children](#) in moments of stress or anxiety.
- Be mindful when eating, playing, or connecting with yourself and your loved ones. Put your devices away. Minimize distractions and allow yourself to be present.

Have a Silent Night

End your day on a peaceful note. Enjoy a hug, a snuggle, a cozy blanket, hot chocolate, or warmth from a fire. Give your mind, body, and spirit the gift of rest.

Additional Resources

www.ffcmh.org | www.nfstac.org

[How to Do Deep Breathing Exercises](#)

[Finding Joy in the Little Things](#)

[17 Proven Tips for Better Sleep](#)

RINGING IN THE PEACE

The holidays can be full of joy, but when groups of people get together or spend more time together than they do regularly, **conflict can arise**. To bring more peace and calm to you and your family this holiday season, **practice these conflict resolution skills before tension boils over and after**.



S.T.O.P.

When you feel **yourself starting to get angry**:

1. **Stop** what you are doing
2. **Take a breath**
3. **Observe** what's going on in your body and environment
4. **Proceed skillfully**, possibly de-escalating, using reflective listening in a conversation, or walking away to reset



De-Escalate

Once **someone has begun expressing anger**:

1. Ask **open-ended questions**
2. **Pause** to hear the response
3. Be aware of your **tone, volume, word choice**, and **body language**
4. **Be authentic** in your response
5. **Avoid blaming, shaming, or placating** someone who is angry



Emotion Coaching

After **children have a conflict**, support the repair process:

1. Make **eye contact** and use appropriate **physical touch** (i.e., a hug or gentle hand on the shoulder)
2. **Validate** each child's emotions
3. **Brainstorm** solutions to repair the conflict and avoid it in the future
4. Support the children in **making amends** to each other



Reflective Listening

After a conflict has occurred, try having a calm conversation:

1. **Make eye contact**
2. **Confirm** what the other person has said by paraphrasing
3. **Validate** the other person's feelings
4. **Inquire** about how to move forward



Additional Resources

www.ffcmh.org | www.nfstac.org

[Unpacking Family Drama](#)
[10 Ways to Manage Family Conflict](#)



TOAST YOUR HEALTH IN THE NEW YEAR

Once you've reflected on our week of well-being suggestions, it's time to turn these tips and strategies into healthy habits you practice every day! Habits take time to build. Start small, slowly incorporate them into your life, and **carry them with you as we begin a new year.**



Rituals



Routines



Habits



Rhythm

1 Practice your rituals around the **same time each day or week.** Notice as the days or weeks go by how you anticipate your ritual.

2 Practice a self-care strategy **several times a week or month,** perhaps with the same people, in the same place, or a **common theme.**

3 Over time, with consistency, you may reach a **flow state** allowing you to be completely **present** during these moments.

4 Once habits are **truly integrated** in our lives, they become **part of our rhythm and** support lasting peace, bliss, and well-being.

Tips to Build Lasting Habits

Get healthy together. Turn your self-care practice into community care by inviting family members or friends to join you or by joining a likeminded group.

Mark your calendar. Choose a date and time to practice your habit. Put it on your calendar to make it part of your plan. Schedule quality time with your family or friends, too!

Stack your routines to build habits. If you pair something you already do routinely with a new habit (i.e., stretching right after brushing your teeth) or with something you like (i.e., reading your favorite mystery novels while riding the stationary bike), you're more likely to make the habit stick.

Assess and realign. If a habit's not working for you, ask yourself if you might need to try it at a different time, in a different place, or with a different person. Or try a new habit altogether!



RECAP

Tips to support bliss and peace during the holiday season for you and your family:

- 1 Create a Blissful Holiday Season
- 2 Connect with Yourself & Others
- 3 Plan for a Peaceful Season
- 4 Pause for Inner Peace
- 5 Ringing in the Peace
- 6 Toast Your Health in the New Year

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For additional resources, visit: www.ffcmh.org | www.nfstac.org

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