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Creating a Stress Reduction Plan



Anticipate Stress

- Finances
- Time
- School/Center Closure
- Travel
- Expectations

Put a Plan in Place

Where will your children go during break

What activities can they engage in while home

How will you manage the extra demands placed on you

How will you maintain self care

Be Realistic About Finances



- Set a non-negotiable budget for holiday spending
- Avoid equating good parenting with spending
- Have age-appropriate conversations with your kids about finances
- Avoid impulse spending

Time Management: The Power of NO

When the real answer is *NO*, avoid saying:

- I'll see if I can do it
- Get back with me about that later
- Maybe
- Yes, I probably can





Create Cost- Free Memories

- Balance spending time with rather than money on your family
 - Watching holiday movies
 - Cooking holiday favorites
 - Decorating home for the holidays
 - Crafting
 - Reading together

Avoid Unrealistic Expectations

Be okay with

- Not being the perfect Tiktok family
- Having limited finances
- Family/friends having expectations that you can't meet
- Not enjoying every "festive" moment

Especially Challenging Holiday Seasons

Loss – separation, divorce, death, loss of job

Challenging family dynamics

Separation from family/friends

Limited time to spend with family friends

Emotional/Mental Health Challenges

During Especially Challenging Times

1

Give
yourself
grace

2

Express
your
emotions

3

Consider
starting a
journal

4

Talk with
a trusted
friend

5

Get support
from a
professional

Your Self Care

- Set realistic expectations of yourself
- Have clear boundaries
- Avoid toxic/triggering people situations as much as possible
- Get enough sleep
- Aim for enjoyment rather than perfection
- Set time aside for rest/relaxation
- Give yourself a meaningful gift

