

Speaker Notes

Stress During the Holidays: Maintaining Balance and Stress Resilience

Page 1 – Title Slide

None

Page 2 – Things to Consider

None

Page 3 – What is Stress?

None

Page 4 – Signs and Symptoms of Stress

None

Page 5 – How the Holidays Impact Ongoing Stress

- A civilian's day-to-day lifestyle can bring on a lot of stress trying to balance work and family. When you add a military lifestyle with the additional stressors, along with normal responsibilities and pressures during the holiday, it can be a lot handle.

Page 6 – Holiday Expectations vs. Realities

- People set high expectations for how the holidays should be. Don't set the bar too high; it can create a sense of loss if you don't meet those expectations.

Page 7 – Holiday Blues

None

Page 8 – Avoiding the Holiday Blues

- Remember to take care of yourself during this time. Self care is key. Remember the basics: sleep, good diet and exercise.

Page 9 – Self-Care for Holiday Stress

None

Page 10 – Plan Ahead for the Holidays

None

Page 11 – Surround Yourself with Family and Friends

- Don't try to be a superhero. Ask for help and delegate responsibilities.

Page 12 – Reduce Holiday Stress

None

Page 13 – Be Realistic About What You Expect

None

Page 14 – Children and the Holidays

None

Page 15 – Children and the Holidays (Continued)

- Children need structure and consistency.
- Children model your behavior, so if you practice good self-care, you child will do the same.

Page 16 – Children: Signs and Symptoms of Stress

- The key is change. What may be typical reactions in one child may not be the same in another; what is out of the norm for one child may be completely normal for another.

Page 17 – Summary

None

Page 18 – Questions

None

Page 19 – Resources

None

Page 20 – References

None

Page 21 – Thank You

None

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