

YOUR *Life* YOUR *Voice*

from

BOYS  TOWNSM
National Hotline

Holiday Helps

Ways to make this season more joyful.



yourlifeyourvoice.org

9 Steps To Taking Care Of Yourself

during the holidays



Hectic schedules and holiday shopping can drain your energy and keep you so busy that you forget to take care of yourself both physically and emotionally.

1. Give yourself a pep talk. You can make it through that Holiday gathering or event.
2. Be extra nice to yourself. Plan times to relax and unwind.
3. Be patient with yourself. Accept that you will not always say the right thing.
4. Try as best as you can to eat healthy and get enough sleep.
5. Recognize when you need help. Ask someone to help you wrap presents or bake cookies.
6. Say no to over-scheduling.
7. Think about how to make this holiday season better than last year.
8. Focus forward. Make goals for tomorrow or next year.
9. Reflect on your accomplishments for this past year.

Grounding Skills Holiday Edition

ways to manage your anxiety



If you are experiencing anxiety, try an exercise called “grounding” to help you stay calm. Grounding involves becoming more aware of where you are in the moment, creating a safe place in your mind and calming your emotions.

1. Look around the room. Name the Christmas objects aloud or in your head.
2. Go outside. Go for a walk, build a snowman or go sledding.
3. Count the Christmas lights on the tree.
4. Play the Christmas A-B-C game. “ I went to a Christmas party and saw an Apple Pie...”
5. Count your blessings.
6. Excuse yourself to a quiet place for a minute.



Brain DUMP

Write out your thoughts. Give your brain a rest.
It's truly the best gift that you can give to yourself when things are hectic.

Sort

1. Circle the things that encourage you.
2. Put a square around the things that you need to do today.
3. Cross out the thoughts that you are able to release or you don't need.
4. Underline the things that you need to talk to someone about.

This could include problems that you are not sure how to handle on your own, intrusive thoughts that could harm you or hurt feelings you have from a stressed relationship.

Review

1. Take a couple of minutes to mindfully think about the circled items.
Be grateful for the things that encouraged you today.
2. Number the square items so you know what you will do first.
3. If the things that you crossed out come back to your mind, firmly (and out loud if you need to) tell them, "I can't spend time thinking about you, today is not your day."
4. Figure out who you can talk to about your underlined items. If you are not sure who to turn to, call our hotline and talk to a crisis counselor.

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How To Ease Holiday Stress

for you and your family



Your goal for the holidays should be to enjoy yourself and share your happiness with the people around you. Try these tips to help you make your holidays more merry!

1. Watch your budget and put a limit on your spending.
2. Look ahead at your schedule to get your to-dos and schoolwork out of the way.
3. Show respect for the faiths and traditions that your family and friends practice.
4. Be realistic with your expectations and be open to something new!
5. Be aware of your surroundings, help when you can. Research has shown that helping others can make you feel better.
6. Balance time between your loved ones as best as you can.
7. Try to focus on the love and holiday magic around you. If you don't see any, try to create some.
8. Be mindful of self-care, find times and ways to practice deep breathing, healthy eating, and good sleep hygiene.
9. Find things to be thankful for, when you turn your thoughts to gratefulness, often your worries and stress will become more manageable.

The holidays can be a time to enjoy yourself and to share your happiness with the people around you but sometimes it is not. It's ok if this times is not "happy" for you. We're here to help and you're not alone.

New Year, New You

Achieve your New Year's Resolution by making it a SMART goal.

S - Specific

M - Measurable

A - Attainable

R - Relevant

T - Timely

My Goal:



For more information on SMART goals search
Setting Goals on yourlifeyourvoice.org

Steps to reach my goal



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