

YOUR *Life* YOUR *Voice*

from

BOYS  TOWNSM
National Hotline

Holiday Helps

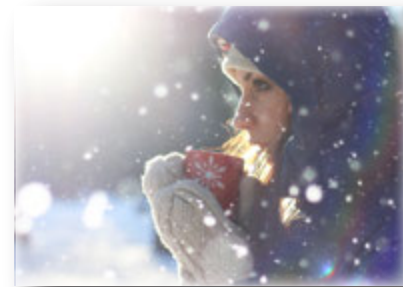
Ways to make this season more joyful.



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.

YOUR Life YOUR Voice

from **BOYS TOWN**
National Hotline

We are here if you need us. 1-800-448-3000 24/7



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. Take note of the moods around you.

When your parents are stressing over the details of the big party minutes before it starts, don't bring up a major life issue. Instead, put it on the shelf and make a plan to talk to them after the festivities.

2. Minimize your demands.

Look through your Christmas list to Santa and be realistic. Don't beg for tons of crazy, expensive stuff.

3. Watch your budget.

Put a limit on your spending, and don't feel like you have to buy spectacular presents.

4. Prepare for school complications.

Look ahead the best you can and try to get your schoolwork out of the way so it doesn't conflict with festivities.

5. Help your folks!

You aren't royalty, right? Pitch in! This holiday season is yours too, so help with the baking and decorating.

6. Don't expect perfection.

Something is going to go wrong this season. Be ready for catastrophes and don't let them spoil the celebration.

7. Show respect for the faiths and traditions that your family practices.

8. Keep balance in your life.

If you have a significant other, try not to over-do or under-do the time and attention you give to the relationship. And don't be bummed if you're not dating anyone.

9. Focus on the love you have for your family, don't dwell on the negatives.

Keep the peace. Don't fight. Ignore annoying people. Don't bring up past grudges. Relax. A good way to keep the peace among your family and friends (and to give yourself a little peace) is to seek forgiveness.

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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