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**HOLIDAY
STRESS 2.0**
RESOURCE TOOLKIT



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HOLIDAY STRESS RESOURCE TOOLKIT

2.0

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HOLIDAY STRESS

INTRO



With winter breaks and holiday season activities upon us, it's essential to prioritize our well-being. In this toolkit, you'll find resources from our November toolkit as well as some new, updated resources to help manage stress during the holidays.

No matter how you choose to spend your time during the holidays, remember to take good care of yourself.

**Call or text 988 any time
-24 hours a day, 7 days a week – for support.**



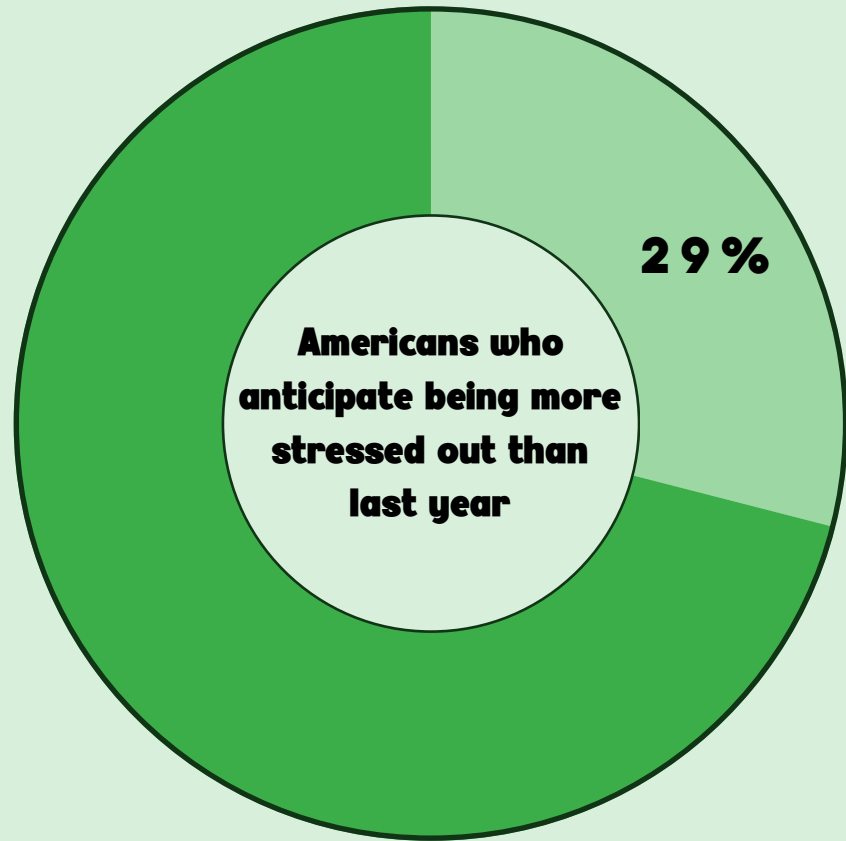
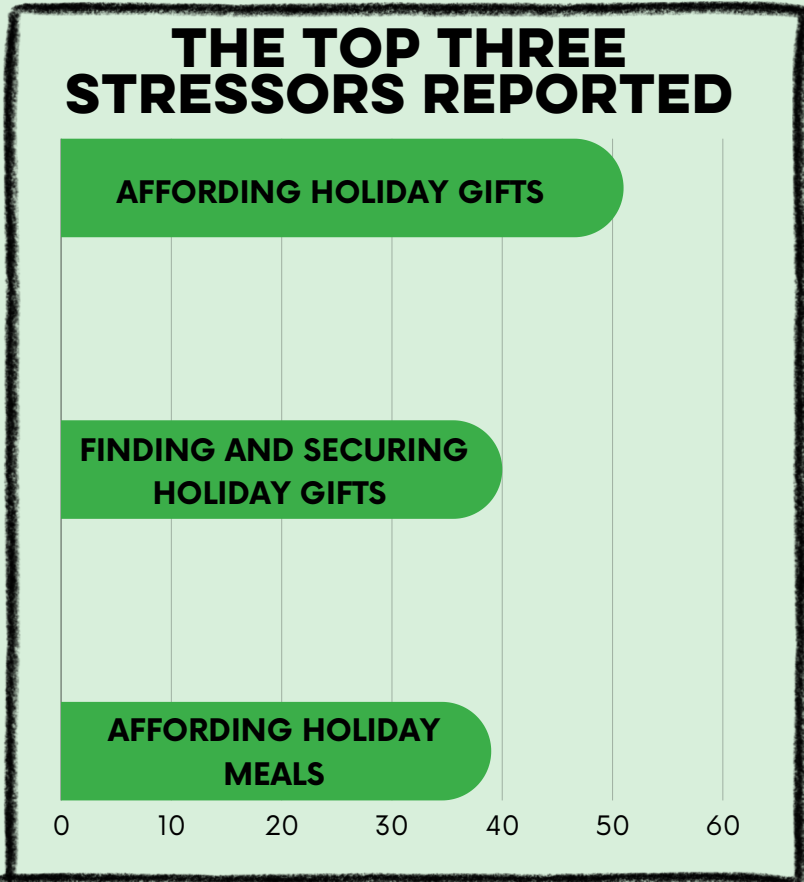
**FOR URGENT SUPPORT TEXT OR CALL 988, OR
CALL OR DOWNLOAD GCAL: 1-800-715-4225**



FOR EVERYONE



Last month, we shared 2022 holiday stress survey data from the American Psychiatric Association. This month, we're back with new data from their 2023 survey! This year, approximately a third of Americans (29%) anticipate being more stressed out than last year. The top three stressors reported: affording holiday gifts (51%), finding and securing holiday gifts (40%), or affording holiday meals (39%).



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FOR EVERYONE

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Keep this quote in mind as you journey through holiday activities and time away from work or school

“Tis the season to keep our mental and physical health in mind as we enjoy the festivities, It’s tempting to want to do everything, to travel to see everyone, to shop for that very special gift, and to compare ourselves to that very perfect staged family picture we see on social media. But in January, when the holidays come to an end, what will be most important is that you are feeling well, and that will come when you take the occasional breath and have some perspective.”

-APA CEO and Medical Director Saul Levin, M.D., M.P.A



FOR YOUTH



Talking with your peers can be an effective way to give and receive support, know that you're not alone, and be part of a safe and inclusive space to feel (and share) your emotions. Each month, the National Training & Technical Assistance Center for Child, Youth, & Family Mental Health hosts Youth and Young Adult Support Space (YYASS) online. Anyone can join these informal, in-depth, recurring conversations and connections with peers. Past YYASS resources can be found on their website, as well as information for upcoming conversations.

On December 13, YYASS hosted a group conversation and feedback sharing to explore effective ways to provide support to youth and young adults through the holiday season. Find this resource, as well as register for January's conversation, [here](#).



**YOUTH/
YOUNG ADULT
SUPPORT
SPACE**



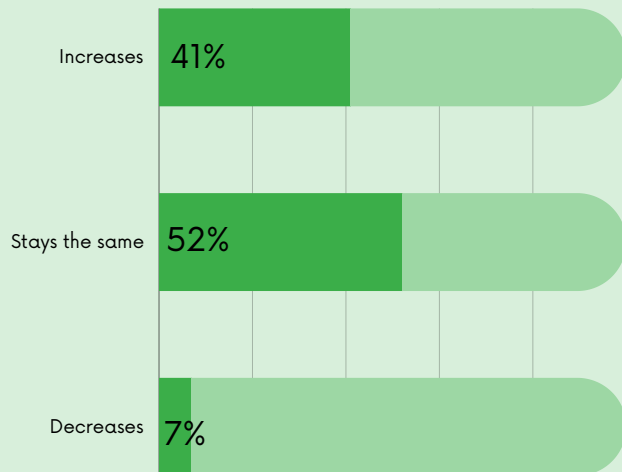
FOR PARENTS & CAREGIVERS

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For those who take care of a family, there can be an increased sense of responsibility during the holidays. With that comes increased feelings of stress. According to the American Psychological Association's 2023 holiday stress survey, around 38% of adults who experience stress during the holiday season reported using negative coping mechanisms. We must learn healthier ways to manage our well-being during the holidays.

CHANGES IN STRESS LEVELS DURING THE HOLIDAY SEASON

% OF U.S. ADULTS COMPARING THEIR STRESS DURING THE HOLIDAY SEASON WITH OTHER TIMES OF THE YEAR



TAKE ACTION:
Read the article "[Tips for parents on managing holiday stress](#)" for direct ways you can learn and utilize healthy stress-management techniques during the holiday season.

BONUS ACTION: [View data from the 2023 American Psychological Association holiday stress survey of over 2,000 adults and learn opportunities to strengthen our mental and emotional well-being.](#)

FOR EDUCATORS & PROFESSIONALS

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Many educators, school staff, and other professions will be off of work and at home this holiday season. If you fall into that category and you have children at home, you might experience unique challenges that come with vacation time and changing schedules with kids. It's important to be prepared to manage these challenges effectively!

TAKE ACTION:

Register to attend "[Enjoying the Holidays: How to Manage Vacation Time and Changing Schedules with Kids](#)" on December 28. This online session will identify skills you can use at home to help manage the difficulties that you and your kids may face throughout the holiday season and beyond.

How to Manage Vacation Time and Changing Schedules with Kids

THURSDAY, DECEMBER 28, 2023
11:00 A.M.

Virtually on Zoom





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QUESTIONS? CONTACT

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