He is for Me

Holiday Wellness Guide

The holidays, and stress, are just around the corner. Make the most of the holidays by using this guide to help you manage stress and anxiety.

In this guide you will find practical ideas to keep up with “YESSS” and tips for making the holidays less stressful and more enjoyable.

Disclaimer:
This guide is not intended to diagnose or treat you. It is a guide that has been put together from years of experience and research in the field of mental health. It does not substitute for professional services.

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With gratitude,

HE is for Me

YESSS-- *During the Holidays*

Keeping up with your already available tools does not stop just because the holidays have arrived. Here are some tips for keeping with your “YESSS” while enjoying the holiday spirit! Remember that “YESSS” is a great way to check in with yourself and see where you might need to put a little more attention.

Keep your YESSS in place

phYsical activity:
Weather permitting get out and walk in the fresh air, check out Christmas lights and lawn ornaments

Engaged purpose:
Find an organization to shop for a child in need, cook a new recipe, start a tradition, or volunteer somewhere serving others

Sleep:
As the daylight is shifting keep a close watch on your sleep, try to keep waking up at the same time, going to bed at the same time, and only sleeping when you are tired.

Sunlight:
Get the sunlight whenever you can, morning sun is the best, but lunchtime sun is also beneficial

Social Support:
Have friends or family over for cookie decorating, do a small gift exchange with neighbors,or go caroling.

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Sometimes the holidays can be a little extra challenging. This guide is intended to give you ideas on how to make the most of your holiday season.

7 Things to know

- Set aside time for yourself
- Set boundaries & know your limits
- Stick to your routine when possible
- It's okay to feel your feelings
- Know who you can lean on during difficult moments
- It's okay to say "no"
- Volunteer

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Stress and Anxiety Management

Anxiety is often found in the future thinking patterns. It also let's us know that we perceive a problem or threat. This means that you are thinking about the future and unknown, instead of what you do know and the here and now.

5 Things in my control right now:

Bible verse for managing stress and anxiety:

What can you do right now to cope with your feelings?

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Stress and Anxiety Management

Sometimes reminding yourself of what you are grateful for can help you decrease stress and anxiety.

5 Good Habits for this week

Describe what are you grateful for this week:

Something you can appreciate:

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Gratitude Journal

Write down 3 things you are grateful for each day

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Stress and Anxiety Management

Take a break:

Stepping back from your problems helps you clear your head.Take a break from what is causing stress and do something relaxing.

Eat a balanced diet:

Don't skip meals. And have healthy snacks available.

Get good sleep:

Stress can make your body need more sleep. Make sure you get at least 8 hours at night.

Exercise and movement:

Moving your body and exercising can help decrease stress.

Practice deep breathing:

Inhale through your nose and exhale through your mouth slowly to help reduce stress

Count to 10:

Close your eyes and count to 10. Increase to 20 if needed.

The things you can appreciate:

Do your best:

Perfection is not the answer. Doing your best and feeling proud of what you can do will help

Focus on what you can control:

Perspective is key. Is it really as bad as you think?

Keep a positive attitude:

Do your best to replace negative thoughts with positive ones

Learn about your triggers:

Is it school, family, or friends or something else? Journal your thoughts and feelings

Talk to someone:

Share your feelings with someone and let them know how they can help you

Pray and read your Bible:

Ask God for guidance. And read what the bible says about stress and anxiety.

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