

Getting Through the Holidays

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Has Covid-19 changed how you celebrate holidays?



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https://www.twizler.co.uk/cv8--funny-covid-christmas-card-ice-o-late-14054-p.asp





What part of the holiday season feels the most stressful and/or out of your control this year?



Lower your holiday stress level. Find helpful tips at www.landmarkhealth.org.



Holiday Stress

Covid-19 related factors contributing to increased stress this holiday season

Can't Grief and Social celebrate **Isolation** Loss traditionally Confusing Family **Financial** Unclear info about Dynamics future Pressure safety





Do opinions differ in your family this year on how to celebrate the holidays?



https://answers.childrenshospital.org/holidays-during-covid-19/



Holiday traditions

What new traditions did you and your family create during Covid-19?



https://www.adventhealth.com/blog/creating-new-holiday-traditions-season-giving





What is your favorite way to distress during holidays?





















Coping Skills for Holidays

Acknowledge Stress Ask for help from friends and family

Eat healthy, limit alcohol and sugar

Prioritize sleep

Stay physically active

Limit time on social media

Create To-Do list
Prioritize
Delegate

Take time for yourself

Practice Mindfulness

Pet therapy

Music, art, reading, puzzles, games, journaling

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Meditation Exercise

Leaves on a Stream

https://www.youtube.com/watch?v=exLaebgFO_8



 ${\it https://www.therapistaid.com/interactive-therapy-tool/leaves-on-a-stream}$



Coping Skills for Holidays

Ways to thrive during holidays

Communicate with family/friends about changing preferences on how to celebrate

Modify existing holiday traditions and/or start the new ones

Have discussions about challenges grief brings and establish ways to honor & remember

Make decisions, set boundaries, say NO

Get some fresh air and sunlight

Go easy on yourself

Practice gratitude

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Holiday Stress SOS

How do you know if you need more help?

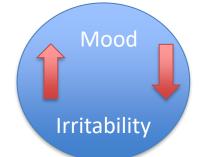
Changing sleep patterns







Persistent negative thoughts



Family & friends notice changes

Feeling detached from others

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Holiday Stress SOS

How do you know if you need more help?

Self-help tools are not working

Feeling hopeless and helpless

Not being able to stop or control worrying

Suicidal thoughts

Neglecting Self-care Inability to focus and get things done

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Mental – Physical Health Connection

Compromised mental health produces	Consequences for physical health
☐ Loss of focus on healthy lifestyle	☐ Worsening of existing condition
■ Neglecting self-care	☐ Development of new symptoms/condition
☐ Missing doctor's appointments, screenings and taking medications	☐ More advanced stage of condition when newly diagnosis
□ Avoiding asking for help, going to urgent care when you need it.	☐ Poor outcome of treatment and/or prognosis



Holiday Stress

Support Resources

Family support/
Peer support

Clinical Care

EAP and Insurance benefits

National Resources GW Resources

Emergency Call 911



Grounding Exercise

Tree Meditation

https://www.youtube.com/watch?v=C9bZkCNnppM



https://www.angelfire.com/moon/fae/whole.html



Contact Information

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Leadership

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Coming Soon!

- Physician Assistant
- Phases of expanded services