St. Benedict's
PREPARATORY SCHOOL

Grossman Family Counseling Center

December 19, 2022

Dear Community,

The holiday season can be a time of joy and celebration, but it can also bring stress and emotional challenges. For many individuals and families, this time of year may feel overwhelming, lonely, or marked by increased anxiety and depression.

To help support your well-being during this season, we offer the following suggestions for reducing stress and maintaining positive mental health:

Accept your needs.
Be kind to yourself and prioritize your mental and physical well-being. Recognize your triggers so you can better prepare for stressful situations and develop healthy coping strategies.

Practice gratitude.
As the year comes to a close, take time to reflect on what you are thankful for. Express appreciation to those who have supported you. Gratitude has been shown to improve overall mental health.

Manage your time.
Avoid overcommitting by prioritizing your activities. Creating a daily schedule can help you stay organized and reduce feelings of being overwhelmed. Remember, it is okay to say no.

Be realistic.
Challenges are a natural part of life. It is not always possible to create perfect experiences, whether in gift-giving or family interactions. Allow space for imperfection.

Set boundaries.
Family dynamics can be complex. Acknowledge what you can and cannot control, and take steps to limit your exposure to stressful situations when needed.

Practice relaxation.
Techniques such as deep breathing, meditation, and progressive muscle relaxation can help you stay calm and centered. Taking short breaks to reset can have lasting benefits.

Stay active.
Engage in physical activities you enjoy, such as walking, biking, or dancing. Regular movement helps reduce stress and supports both physical and mental health.

Prioritize self-care.
Set aside time for activities that bring you joy and relaxation, whether it's reading, listening to music, or spending time outdoors. It's okay to take time for yourself.

Get enough sleep.
Lack of sleep can increase stress and anxiety. Aim for consistent, restorative rest to support your overall well-being.

Seek support.
Connect with friends, family, or professionals when you need to talk. Sharing your thoughts and feelings can be an important step toward healing.

If you or someone you love is experiencing a crisis, please do not keep it to yourself. Reach out immediately to someone who can help. Your safety and well-being are important.

Wishing you a safe, healthy, and peaceful holiday season.

Sincerely,

The Grossman Family Counseling Center