



HEALTHY
RELATIONSHIPS

Presented by Student Health & Counseling Services
Week 13: Healthy Holidays



Let's Stretch . . .



A Few Group Guidelines

- Please mute your audio and type any questions into the chat box
- Your video can be off or on, whatever makes you most comfortable
- Confidentiality, and Zoom limitations
- Sharing (Headlines not details)
- Chat privately for specific needs

Community Ground Rules

- Vegas Rule - What is shared or said in the group, stays in the group
- Be respectful of others and what they are sharing in group
- Don't assume someone wants feedback or advice on what they share, ask before you offer that input
- Trigger Warnings

Introductions:

Share your name, year @ CSUEB, major &
Your favorite activity to do by yourself



Intentions for today's Group:

- Holiday Advisory
- Tips for coping with holiday stress/depression
- Creating your emotional safety plan



A Holiday Advisory for Your Emotions

The holidays intensify feelings across the spectrum. On one hand, they magnify the feelings of anxiety, depression, and family discord that make holiday gatherings hard. On the other hand, for people who thrive on family/friend contact and love to connect, they can be really fun.



How do we take care of ourselves around the holidays?

Tips to Minimize Holiday Stress and Depression:

Acknowledge your feelings. We may feel grief around the holidays and it's okay to take time to cry or express your feelings. You can't force yourself to be happy just because it's the holiday season.



Reach out. If you feel lonely or isolated, seek out community (friends, family, online support groups), religious or other social events or communities. They can offer support and companionship. If you're feeling stress during the holidays, it also may help to talk to a friend or family member about your concerns. Try reaching out with a text, a call or a video chat. Volunteering your time or doing something to help others is also a good way to lift your spirits and broaden your friendships. For example, consider dropping off a meal and dessert at a friend's home during the holidays.

Be realistic. The holidays don't have to be perfect or just like last year. As our communities, friend groups or families change and grow, so do our traditions and rituals. Be open to creating new traditions.

Stick to a budget. Before you do your gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Maybe this year, if finances are tight you can give homemade gifts?

TIPS to Minimize Holiday Stress and Depression Continued:

Plan ahead. Set aside specific days for shopping, baking, connecting with friends and other activities. This can help prevent feeling overwhelmed.

Learn to say no. Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends, family, and colleagues will understand if you can't participate in every project or activity. Take care of yourself and listen to your boundaries.

Try to keep up healthy habits. Making time to keep up your self-care i.e.: Eating healthy meals, getting plenty of sleep, making time for regular physical activity, avoiding excessive substance use, being mindful of social media intake, etc.

Take a breather. Make some time for yourself. Find an activity you enjoy. Take a break by yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do.



Creating an Emotional Safety Plan

Identify Your Warning Signs

- What situations tend to make you feel overwhelmed? (being around specific people, certain social situations or being in certain settings)
- When you are starting to feel overwhelmed or in crisis, what does it feel like? (this can include feelings in your body, thoughts you tend to have, behaviors you notice, etc.)

Build Your Tool Box

- **Coping Strategies** (what strategies could you use in the moment?)
- **Self Care** (what makes you feel nourished and valued?)
- **Supportive Options** (loved ones, professionals, or hotlines)

Name Your plan

When I notice (warning signs or situational trigger):

I will cope in the moment by trying (coping strategy #1):

If that doesn't work, I will try (Coping strategy #2):

If I need additional support, I will contact (support option #1):

and if they aren't available to support me, I will contact (support option #2):

After using my plan, I will take care of myself by (self care):



Take Care and Stay Safe!

- Thank you for joining us today!
- Check-Out Reflection:
 - What is one thing you are taking from the group this week?
- Please use the same link to return next week



