



### HOLIDAY STRESS

Christmas is on the way! Snow is falling, lights are twinkling, and Christmas music is playing.

The holiday season looks different for everyone. Some spend it relaxing with loved ones, while others experience stress or loneliness. There can be a lot of demands and expectations, made more challenging by financial strain or the pressure to find the perfect gift. Here are some tips to make the holidays more pleasurable.

- Acknowledge your feelings - It's okay to feel something other than happy.
- Reach out - If you're feeling lonely connect with personal and community supports or use the crisis line to speak with a counselor.
- Set boundaries - It's okay to say "no."
- Be practical - There is no such thing as the "perfect" holiday.
- Set a budget - It's not necessary to spend outside of your means to make this holiday special for your loved ones.
- Practice self care - Get sleep and exercise. Eat regularly. Take a deep breath.

### PARENTING CORNER

With the arrival of the holiday season, comes school closures and more time with your children at home. Parents can become frustrated and overwhelmed attempting to manage their children, while also juggling the numerous tasks associated with the season. Here are some tips to help navigate the increased stress and keep the holidays joyful for your children.

- Maintain routines - It is important to keep your children's schedule as consistent as possible during the holidays (bedtime, bath, dinner, etc.)
- Limit sugar - Candy, cookies, and chocolates are abundant during the holiday season. Consider limiting your child's access to them to avoid the dreaded sugar crash and irritability that follows.
- Spend quality time - Create new or enjoy current family traditions. Eat meals together as a family. Bake cookies, sing carols, or watch your favorite Christmas movies.

# Upcoming Events



## IMPORTANT DATES

### Holiday Closures:

Friday 12/16 closing at 12pm

Friday 12/23 closing at 1pm

Monday 12/26 closed all day

Friday 12/30 closing at 1pm

Monday 1/2 closed all day

### Client Christmas Party:

(Canon City office)

December 22, 12pm - 2pm

Pick up gift applications at the front desk.

## PEER SUPPORT

### Canon City:

Adolescent Life Skills

Fridays at 2pm

Narrating The Journey (peer recovery group)

Wednesdays at 5pm

Stronger Together (peer support group)

Fridays at 3pm

Bowling Event

Thursdays at 6:30pm

### Colorado Springs:

Stronger Together (peer support group)

1st and 3rd Fridays at 6pm

Visit us at [rmbh.org](http://rmbh.org) or follow us on Facebook

Crisis Phone: 719-429-3784