



# Handling the Holidays, Managing your stress

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My crew...





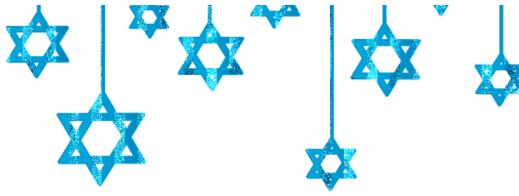
# Agenda

- What is stress?
- When are we **NOT** managing it well.
- Where can we make some changes/adjustments?
- How can we improve our strategies and approaches?
- Why is it so important to handle our stress?





*Hanukkan*



Holidays, Celebrations!!

*HAPPY DIWALI*





# What is stress?

Stress can be defined as **any type of change** that causes physical, emotional or psychological strain. Stress is your body's response to anything that requires attention or action.



HOW CHRONIC  
**STRESS**  
AFFECTS YOUR  
**BRAIN**





Chat...

Type one or two things you stress out about during the holidays/celebration times.

Is this different or similar to stressors you deal with or handle most days?



# When does stress cause problems?

Home

School Community

Specialty places  
(Worship,  
Appointments,  
Travel)

Times of Day/Night

With people or  
with/out

Routines/Schedules

Consistently

# Strategies

List 2 strategies you use.

Do you feel overwhelmed? Triggered?

How are you managing your feelings/your child's feelings?

Routines

Schedules

Checklists

Rules





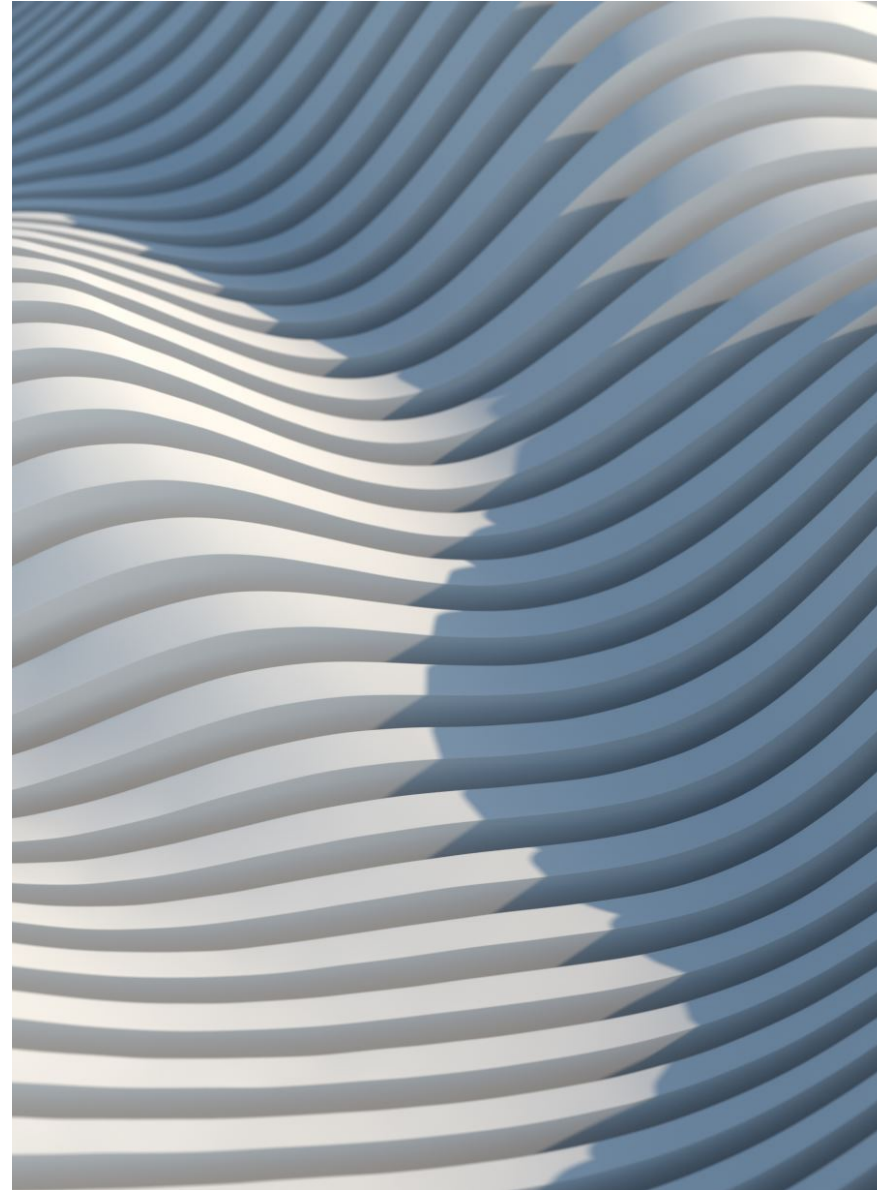
**How To  
Reduce  
Stress**

# Strategies to consider...

Meditation/reflection-which encourages you to relax your mind and examine your inner self with a sense of honesty and compassion rather than judgment and criticism.

Regular [moderate exercise](#) such as walking, [yoga](#), or swimming has proven stress-reducing benefits, as exercise releases positive stress-busting endorphins and can increase self-confidence and lower the symptoms associated with anxiety and depression.

Eating a healthy [whole foods diet](#) rich in dark greens and chlorophyll-containing foods is helpful for treating stress.





# Strategies, con't.

Getting adequate sleep is also imperative to reducing stress. Stress can physically wear out your body, and without sleep, you will feel the effects of stress much more.

Work to reduce stress by learning to think differently. Knowing when to let something go and thinking positively about your life will help prevent you from being upset about minor things and worrying that you aren't good enough. If you are triggered, you need healing.

Isaac Eliaz, M.D., M.S., LAc is a respected author, lecturer, researcher, and clinical practitioner. He is the founder and medical director of Amitabha Medical Clinic in Santa Rosa, California.

The background of the slide is a dark, textured surface filled with numerous question marks of varying sizes and shades of gray and brown, creating a sense of depth and mystery. A large, light gray question mark is positioned on the left side, partially overlapping the text.

Questions??



# Why is it important to our overall health to manage stress?

Uncertainty can lead to anxiety.

Anxiety can raise blood pressure and release cortisol(hormone).

Emotional stress can make it difficult to focus, make decisions, think things through, or remember things.

Stress may also cause irritability, making you easily frustrated and impatient with others, and can even contribute to depression, anger, feelings of insecurity, and relationship conflicts.

# We can **make** changes/adjustments

- Prioritize.
- Let things **go**.
- Choose **one** thing.
- Involve the children; and do what's **best** at the time.
- **Don't** feel guilty about missing out.
- Make new memories...traditions.







## Remember

- Be kind to yourself...we are all learning.
- Give yourself and your child time and consideration.
- Plan in advance, feed your child, let them rest, decrease expectations.
- Have plan B, C and D ready...

Thank you

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