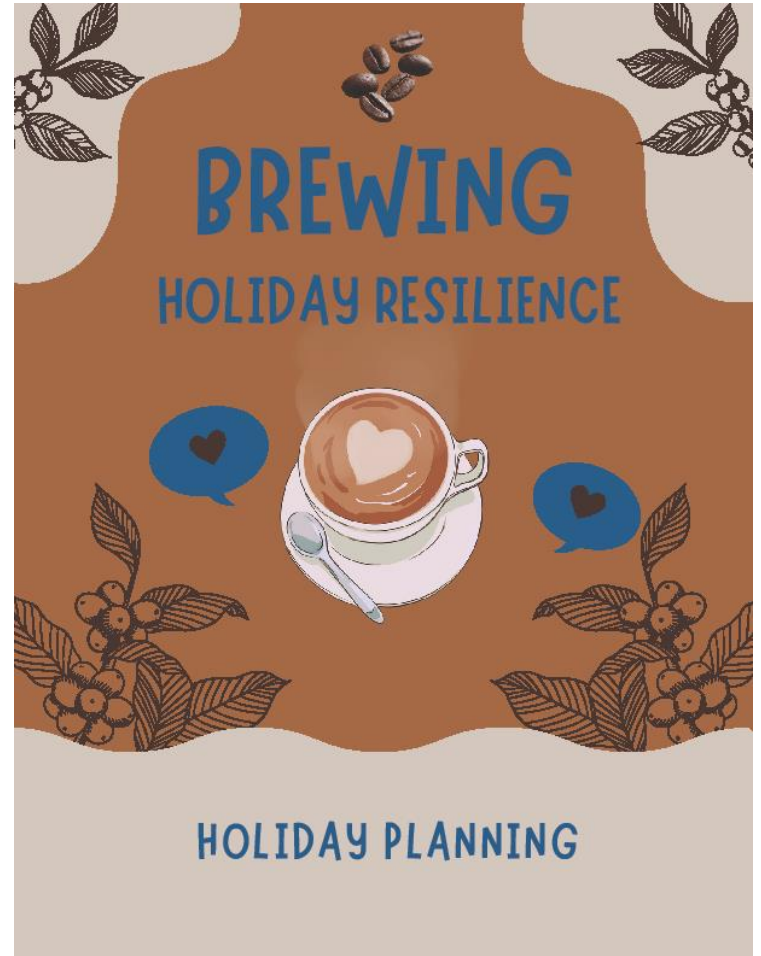




Session Notes



Nearly 9 in 10 U.S. adults say something causes them stress during the holiday season*

The 10 Most Commonly Reported Sources of Holiday Stress



Strategies to help you manage stressors during the holiday season

Gift Giving Tips

- Create a “gift spot” to collect nice gifts throughout the year; gifts can be specifically for someone or for those extra gifts that pop up
 - Benefits: you buy items when they are on sale, eliminates the need for panic shopping
- Utilize gift lists – Example: Amazon gift list
 - Benefits: if others share their lists with you, you get people what they really need/want; if you create gift lists for others, you can identify gifts and even track pricing throughout the year
- For groups: buy one gift instead of multiples for a gift exchange like Secret Santa, White Elephant, “Favorite Thing”; you can Google “how to run a ___ gift exchange” for detailed instructions on each type – ProTip: utilize [Drawnames.com](https://www.drawnames.com) for secret santa
- Ensure gifts given to the same group are “equal”, either in quantity or quality; can use stocking stuffers or gift cards to make up the difference – ProTip: use a spreadsheet to keep track of gifts and pricing
- To help with managing “stuff” coming into the house, purchase experience-based gifts or perishable gifts
- Gift subscription boxes – it’s the gift that keeps on giving!
 - Recommendations include: [Cratejoy](https://www.cratejoy.com), [Universal Yums](https://www.universalyum.com), [BarkBox](https://www.barkbox.com)
- Have a family shopping day where you all go shopping together to knock it all out at once

Self-care tips

- Schedule time for exercise, movement – ProTip: get as much sun as possible!
- Listen to music that makes you calm and happy
- Find nuggets of joy you can incorporate into your days; can you include what made you happy during the holidays as a child?
- Schedule a day - alone - for yourself to do whatever makes you happy
 - Examples: spend a day at home alone with nothing on your schedule, designate a day to clean to create a calm space during the chaos
- Create a safe time and space for venting
 - Example: over dinner, everyone has time to vent/share what went wrong to get it out of the way, then focus on the funny and good stuff for the remainder of the evening

Managing the chaos

- Exercise, movement, create a schedule to make sure you don’t overlook it
- Set good boundaries; respect others’ boundaries
- Create a shared calendar for your family so everyone can see what’s going on, plan for events, and set expectations (Examples: Google, [Cozi](https://www.cozi.com)) – Can color code by family member and/or event type; include schedules for work, social, volunteer events, etc.
- Lean on your family/friends; accept help from others
- Focus on what’s really important instead of trying to do ALL the options
 - Example: volunteer for one organization that means a lot to you
- Meal plan – be realistic with your expectations: it’s OK to eat out sometimes; plan for something simple like a pancake bar or pizza bar; make-ahead meals, freezer meals can be helpful; utilize meal prep kits; consider catering (restaurant or grocery store) options (Recommendation: [Fresh Market Catering](https://www.freshmarket.com))



About Professional Support

You may consider seeking professional support if you experience any of the following:

- Sleep problems.
- Performance issues at work.
- Relationship difficulties with family or friends.
- Loss of interest in hobbies you normally enjoy.
- Lack of care about normal everyday work tasks.
- Excessive anxiety or worrying more than normal.
- Feeling overwhelmed or sad for more than two weeks.
- A noticeable change in appetite, eating too little or too much.
- Behavior and coping methods have become harmful to yourself or others, whether that is through aggressive behavior or unhealthy habits, such as alcohol or drug misuse.
- Thoughts of harm to self and/or others.

Keep in mind some of these conditions may warrant more urgent professional help and you should seek support if you are unsure.

Check out your Employee Assistance Programs for additional support options.

For grief support during the holidays, consider GriefShare: [GriefShare: Surviving The Holidays | Find Grief Support](#)



24/7 Mental Health Resources

MHA Screening: Online screening is one of the quickest and easiest ways to determine if you're experiencing symptoms of a mental health condition. Their screens are free, confidential, and scientifically validated.

988 Suicide & Crisis Lifeline: The 988 Lifeline provides 24/7, free, and confidential support to people in distress – you don't need to be suicidal to reach out. Call 1-800-273-8255 to be connected with a crisis counselor. Crisis counselors who speak Spanish are available at 1-888-628-9454.

988 Textline: When you text 988, you will complete a short survey letting the crisis counselor know a little about your situation. You will be connected with a trained crisis counselor in a crisis center who will answer the text, provide support, and share resources if needed.

Crisis Text Line: If you prefer texting to talking on the phone, text MHA to 741-741 to be connected with a crisis counselor who will help you get through your emotions.

Warmlines: Warmlines are staffed by trained peers who have been through their own mental health struggles and know what it's like to need someone to talk to. Visit [here](#) for more information on warmlines.





WOMEN INFLUENCING LOUISVILLE

OUR VISION

We envision a world empowered by the inspiration, influence and impact of women leaders and transformed by the inclusion of individual differences.

OUR MISSION

Women Influencing Louisville empowers women to achieve excellence and fulfill their leadership potential by providing opportunities for best practice sharing, professional development, mentoring and networking.



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Connecting Committee

Creating opportunities to connect personally and professionally with one another while seeking the success we desire and empowering all women to achieve excellence

This committee will look to host events and activities on topics such as returning to the office, working with a mix of in-person and remote colleagues, navigating your career in this mixed environment, flexible work, and learning how to work and live in a constant state of change.

Resilience Committee

Creating opportunities to support, educate, and share our experiences as they relate to mental health, burnout, and the constantly changing world we live in today

This committee will help us embrace these tough topics to build our own resilience while holding companies accountable for ensuring the environment, policies, and support structures are in place for women to be successful.





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