



# Mental Health Matters

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## Tips To Navigate Kids' Holiday Stress & Anxiety



Holidays can be a time for cheer and joy, but can also be a stressful time for parents and children. Licensed Clinical Social Worker Elizza LeJeune talked with Maranda and offered several ideas for dealing with stress and anxiety this holiday season.

**Maranda: Tips To Reduce Holiday Stress In Kids**

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## 7 Tips On Avoiding Holiday Screen Time Creep



Most adults think of the holidays as a time for family gatherings filled with food, fun and good conversations. However, children tend to think of the holidays in terms of freedom. Problem is, this freedom often translates to dramatic increases in the amount screen time kids engage in! While banning all screens from the house is not needed or feasible, there are many ways parents can proactively make a plan to manage screen time and set limits.

### 7 Tips On Setting Holiday Screen Time

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## Navigating Blended Family Holidays



Four parents, 16 grandparents, 10 Christmas celebrations, split holiday vacation...

While the holidays add some stress to every family, those of us with blended families have to contend with a minefield of stressors! But they also offer unique opportunities to bond around both new and well-established traditions. By taking some practical steps, blended families can enjoy a holiday season filled with happiness and wonderful memories.

## 5 Strategies To Reduce Blended Family Holiday Stress

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### Loving Kindness Calming Meditation Exercise



Stress and anxiety can overwhelm us during the holidays to the point of consuming our minds and hearts, as well as affecting our bodies. One way to alleviate the holiday stress is to focus on a larger purpose.

Learn the 'Loving Kindness' meditation practice that helps us care for ourselves and also gets us outside of ourselves to care for others.

Learn The Loving Kindness Calming Holiday Exercise

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### Making & Keeping New Year's Resolutions



As the ball in Times Square counts down the seconds to the New Year, many of us will set lofty goals around living differently in the coming year. To increase your chances of success, take time now to learn some strategies for keeping your New Year's resolutions in the coming year.

### Tips For Keeping New Year's Resolutions

### More Holiday Mental Health Resources

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## Christmas Greetings For You!



[View Our Virtual Christmas Greeting Card](#)

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## Upcoming Support Groups & Community Classes

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### **JANUARY 17: Family & Friends of Aging Adults Support Group**

Cost: No Charge

This month's presenter is Noelle Partee, Pine Rest, talking about "Tips and Tricks for Caregiving and Prevention Through the Eye of an Occupational Therapist". This group is designed specifically for those who are caregivers to older adults.

[More About This Family & Friends Group](#)

[Complete List of Available Support Groups & Classes](#)