

Managing Holiday Stress DURING A PANDEMIC

NEBRASKA



STRONG
RECOVERY PROJECT

Nebraska Rural Response Hotline

1-800-464-0258

Nebraska Family Helpline

1-888-866-8660

Managing holiday stress during a pandemic can be challenging.



This year may present even more challenges during the holidays as communities cope with the recent pandemic. Individuals may experience increased feelings of isolation and insecurity about the future and sadness over losses related to social distancing or the pandemic. Children and adolescents often take their cues from adults and may experience these feelings along with anger and fear, sleep disturbances, and school performance problems.

Strategies to manage holiday stress:

- Take time to reminisce and talk about past holidays, while creating new traditions.
- Focus on what is really important to move ahead.
- Monitor alcohol and medication use carefully.
- Take care of yourself (eat well, exercise & get enough sleep).
- Helping other people sometimes makes all the difference.
 - * Be a good listener for your children.
 - * Volunteer or provide support to someone in need.

More Information: [Facebook.com/NebraskaStrongRecoveryProject](https://www.facebook.com/NebraskaStrongRecoveryProject)