



Managing Stress During the Holidays



Hosted by
Louisiana PTA Healthy Minds State
Champion
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Objectives

- Understand common holiday stressors
- Learn practical coping strategies
- Address grief during the holiday season

Holiday Stress & Its Impact

Common sources of holiday stress:

- Financial pressure
- Family dynamics
- Time constraints



Holiday Stress & Its Impact



Impact on mental health:

- Fatigue
- Anxiety
- Emotional overwhelm

Holiday Depression vs. Seasonal Depression

Holiday Depression:

- Starts around November or December and lifts shortly after the new year ends
- Symptoms are fairly mild

Resource: [VeryWellMind.com](https://www.verywellmind.com)

SAD:

- Typically lasts about 40% of the year—starting in the late fall and early winter until the spring and summer.
- Often more severe and can be debilitating

Recognizing the Signs

- Physical signs: fatigue, tension, headaches
- Emotional signs: irritability, sadness, anxiety

Coping Strategies for Holiday Stress

- Time Management: Prioritize activities, set realistic expectations
- Mindfulness Practices: Deep breathing, meditation
- Setting Boundaries: Learn to say no



Practical Tips

- Create a manageable schedule
- Delegate tasks and ask for help
- Take breaks and make time for yourself



Navigating Grief During the Holidays

- Acknowledge your feelings and allow yourself to grieve
- Create new traditions to honor loved ones
- Connect with supportive friends or groups



Navigating Grief During the Holidays

Supportive Phrases & Actions

- What to Say:
 - “I’m here for you.”
 - “It’s okay to feel this way.”
- Actions to Take:
 - Listen without interruption
 - Hold space without offering solutions

Resources



- PTA.org/HealthyMinds
- MentalHealthFirstAid.org
- MindfulnessforTeens.com
- It's OK That You're Not OK by Megan Devine
- Everywhere Still by M.H. Clark
- Healing After Loss: Daily Meditations for Working Through Grief by Martha W. Hickman
- When Bad Things Happent to Good People by Harold S. Kushner

Thank You

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Questions?