



THE FAMILY TREE

Handling Holiday Stress in the Current Economic Climate

- Talk to your children and answer their questions honestly. Have age appropriate discussions with your children about how the current economic downturn affects your family this holiday season and ways you are dealing with any problems.
- Limit your news intake. Stay informed, but do not let children get caught up in the round the clock coverage of the negative state of the economy and gloomy predictions. Don't let them turn the holidays into a gloom and doom time.
- Take care of yourself. Exercise, watch what you eat, get plenty of rest and take time for yourself.
- Be realistic. Look over your current financial situation and develop a plan to manage expenses this holiday. Don't obsess over past mistakes or possible future problems. Create a team spirit, highlight the positives within your family and try to avoid the negativity around you.
- Have a support network, talk to family, friends, spiritual leaders, ask for assistance.
- Engage in a family activity, visit to the park, walk around the neighborhood or simply enjoy a meal together and avoid discussing the economy.
- Seek support when needed – if the level of stress or anxiety is overwhelming call The Family Tree's Stressline – 800-243-7337.