

Make Sure Your Holidays Bring Joy – *not* Stress!

Holiday Tips in collaboration with the YMCA

Get Up, Get Moving

Exercise relieves stress, improves mental outlook, prevents holiday weight gain, and is fun for families. Consider high-energy outdoor activities like treasure hunts, a family basketball contest or backyard hide-and-seek.

Eat Well – All in Moderation

Most holiday traditions include special foods and large meals. Try not to skip meals or drink to excess. Use some simple conversation starters to encourage quality dialogue around the holiday table.

Try Not to Over Schedule

Keep your schedule as normal as possible and make sure there is plenty of unhurried time to slow down, rejuvenate and just enjoy the season.

Stick to Your Budget

Plan your holiday spending budget in advance and stick to it so that money doesn't become the focal point. Talk with family members about special holiday activities that might stretch the budget.

Demonstrate the Spirit

Kids learn by watching us. If we want them to grow up as generous and charitable, we have to show them how. Consider "adopting" a child or family in need, serve a meal at a local shelter or give back to the community by volunteering your time.

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Video Series!

Watch the Introduction video to see why prevention starts early at
www.thebayteam.org

Parenting IS Prevention



www.thebayteam.org



The Barrington Adult Youth Team
Against Alcohol and Drug Abuse