



# Prevention *for parents*

Fa La La Ahhhh!:

## How to Manage Holiday Stress

The holiday season is here! Though there is much fun to be had during holidays, this time of year can also create a lot of stress for both parents and students.

Remember, in order to best take care of others, you must first take care of yourself. Click [Here](#) for some suggestions on how to manage holiday stress:

### Self care routine:

- Being alone in nature
- Exercise
- Turning off the screens
- Treat yourself to something that makes you happy

### Volunteering

- Connecting with the community and focusing on giving helps alleviate stress
- Helping others helps reduce anxiety and boosts the immune system

### Setting Expectations

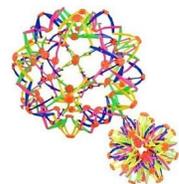
- Having a conversation with your teens helps manage realistic expectations for presents and activities
- Realizing that nothing is perfect but that's okay!

### Stress Management Plan

- Setting a stress management plan for your teen to help prepare for possible stressful situations
- Have a designated quiet, calm down location.
- Creating your own **calm down kit** can empower your teen with ways to calm their own stress
- Click [Here](#) to see examples of a calm down kit.



## Calm Down Kit Examples



## Plan of Action!

Young people are often aware which decisions are healthy and which are not. However, they don't always know how to respond in hard situations and may be more likely to give into peer pressure in the moment.

We know that kids make better decisions around drug and alcohol use when they **know how to say no** and feel comfortable doing it.



When students plan what to say and practice saying no, it grows their confidence and ability to refuse when someone offers them a substance.

Take time to role play a scenario or two and help build your student's refusal skills. See if your student remembers the S.T.O.P. method we learned in health class!



- S:** Say no, politely
- T:** Tell them why
- O:** Offer an Alternative
- P:** Politely leave

What Would You Like To See In The Next Issue?

Contact Colleen Chan with any suggestions, comments, or questions.

### Colleen Chan

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## B-Y-E From the SAP; HELLO to Our New Mental Health Professional

*"The only constant in life is change."  
- Heraclitus*

As 2021 comes to a close, I want to thank you all for the many efforts you put forth to support your children, especially during these trying few years. It has been a pleasure partnering with you to promote health among



our island young people, and I hope this newsletter series has been helpful along the way.

With feelings of sadness, excitement, and deep gratitude for my time with South Whidbey, I want to let you all know that I have transitioned out of my Student Assistance Professional (SAP) role. A new SAP will be hired to serve SWMS, SWHS, and SWA, and I will work with them to make it a smooth transition for students receiving services. I will continue to send newsletters until a new SAP takes over to provide as much support to you as possible.

Additionally, please join me in welcoming our new Mental Health Professional, Marguerite Berg, to the South Whidbey team! She will be providing services to our youth and on-site at the MS/HS Campus every Thursday & Friday, and the last two Wednesdays of the month, 7am-3:30pm. If you are concerned about your student's mental health please reach out to the Student Support Team; Marguerite at [mberg@sw.wednet.edu](mailto:mberg@sw.wednet.edu) or Claire Commons at [ccommons@sw.wednet.edu](mailto:ccommons@sw.wednet.edu).

### Parent Resources

<https://www.apa.org/topics/parenting/holiday>

<https://kidshealth.org/en/parents/alcohol.html>

<https://www.nbcnews.com/think/opinion/how-deal-holiday-stress-psychology-behind-why-family-time-can-ncna951206>

<https://www.thechaosandtheclutter.com/archives/what-to-include-in-a-calm-down-kit>

[How parents can manage holiday stress](#)