

# DURING HOLIDAY BREAK

## thoughts for families

1

Consider keeping a routine throughout the break that mirrors a typical weekly schedule. For younger students, especially, this sense of routine can make transitions between school and time at home easier. Maintaining a consistent bedtime (exceptions are allowed, of course!), wake-up hour, and mealtime schedule can be useful in fostering a sense of calm throughout the holiday season.

2

Wrap-up the year by taking time to consider what the goals of your family are—both as individual members and as a whole—for the upcoming year. Maybe the goal is to spend more uninterrupted time together as a family each week by playing a game together, or finding time outside when the weather is nice. In addition, talking through any stresses or anxiety surrounding the upcoming year can also create connectedness. Youth who are heading into high school or college may be worried about choosing a school or a career path; others may be worried about fitting in, getting good grades, making a certain sports or activities team, or trying out for a play. Laying worries out in the open allow for creation of a sense of calm.

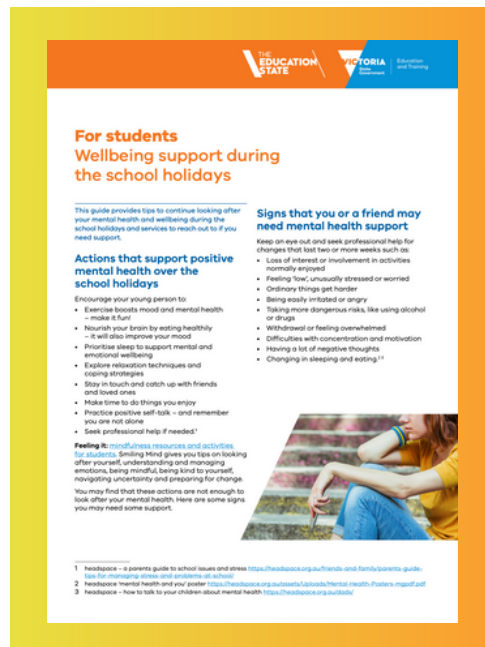
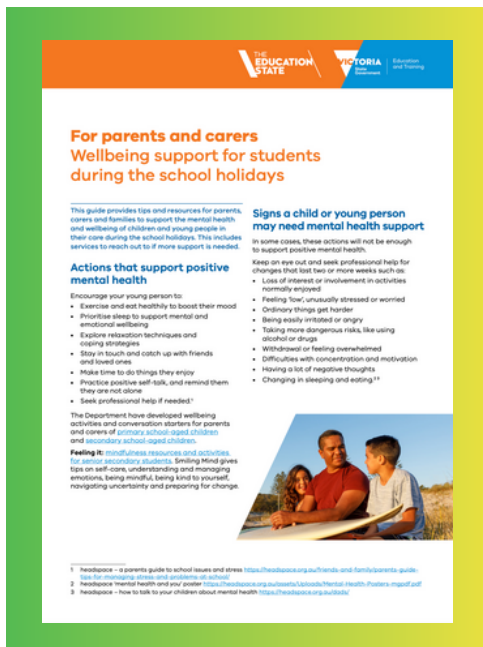
## DURING HOLIDAY BREAK thoughts for families

3

Practicing gratitude as a family is one way to think beyond the materialistic aspects of the holidays and consider what truly lifts people up and makes them happy. Naming something—or someone—families are grateful for each day can promote a sense of belonging and warmth during the season.

4

These guides, designed for students and families, provide an overview of signs that others are in need of mental health aid, and contain practical strategies for enhancing mental health.



CLICK TO ACCESS!

## DURING HOLIDAY BREAK for families

5

ParentsLead of North Dakota offers some holiday-time considerations for families, like modeling gratitude, setting realistic expectations, and focusing on what really matters - connection! Check those resources out [here](#)!

6

If parents or caregivers are looking for opportunities to connect during the holidays and the start of the new year, click and check out the ParentsLead Calendars below!



CLICK TO ACCESS!