

HOLIDAY SAFETY

DECEMBER SAFETY SEGMENT



Managing holiday stress is crucial for maintaining both mental and physical well-being during a busy and often demanding season. The holidays can bring a mix of joy and pressure, with expectations to create perfect celebrations. By effectively managing stress, you can enjoy the festivities more fully, maintain healthier relationships, and prevent burnout. Prioritizing stress management helps ensure that the holiday season remains a time of joy and connection, rather than one of overwhelming stress.

HOLIDAY STRESS

DIRECTIONS

Start the discussion by setting the expectations for creating a safe space and respecting everyone's feedback. Print out or show an electronic copy of [Tips to Beat the Holiday Stress](#). After everyone is done, use the guiding questions below to facilitate a group discussion.

SAFETY SEGMENT DISCUSSION

Guiding Questions:

- What is your favorite part of the holidays?
- What makes the holiday time stressful for you?
- How do you combat those stresses?

Notes to the Team Leader:

- Facilitate an atmosphere of support and openness to feedback by encouraging the staff to share experiences or opinions without fear of reprisal.



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