



UtahSSWA

COPING SKILLS FOR KIDS

Holiday Stress Coping Strategies

Take Calm Breaks

If things start to feel too loud or busy, it's okay to take a break. Find a quiet spot, take a few deep breaths, or color for a few minutes.

Find Joy in Small Things

Play a game, draw, or help make a snack. Little things can make your heart feel happy.

Use Your Words

If you feel sad, mad, or tired, tell a grown-up you trust. Feelings are normal—even during the holidays.

Remember What Matters

Holidays are about love and kindness, not perfect gifts or plans.

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COPING SKILLS FOR TEENS

Holiday Stress Coping Strategies

Take a Pause

It's okay to need space. Go for a walk, listen to music, or scroll something that makes you smile.

Stay Connected

Text a friend, join family plans for a bit, or volunteer. Connection helps lift your mood.

Be Real About Expectations

You don't have to be cheerful all the time. The holidays can bring mixed feelings.

Care for Your Mind

Sleep, hydrate, and move your body—those simple things make a big difference.

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COPING SKILLS FOR TEACHERS

Holiday Stress Coping Strategies

Keep Perspective

The holidays are joyful but also demanding. Give yourself permission to slow down.

Focus on Connection

Skip the extra fluff; the most meaningful thing you offer students is your presence.

Model Calm

When you take a breath or laugh with your class, students learn emotional regulation from you.

Recharge Often

A quiet lunch, a stretch, or a kind note to yourself—small acts count.

