Stress Less: Connect and Communicate Through the Holidays!

We will begin at 12:15pm.

• **Today’s Guide For A Healthy Conversation**
  • Be respectful and open of others.
  • Please type your questions in the Q&A box and comments into the chat box for our moderators.
  • Today’s session will be recorded and will be posted to our Living Well Wednesday web page:
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STRESS LESS:
CONNECT AND COMMUNICATE THROUGH THE HOLIDAYS
Living Well Wednesdays
December 8, 2021
12:15 – 1:00 pm
OBJECTIVES:
1. Participants will learn a variety of methods for connecting with family near and far.
2. Participants will identify ways to create an inclusive environment for family members of all ages.
3. Participants will gain tools for managing family dynamics.
AUDIENCE POLL
Communicating with Family:
• Communicate clear expectations
• Respect Differences in Opinion
• Plan Ahead
• Utilize Hybrid Methods of Celebration
• Create new traditions
• Remember together
• Be flexible
• Recognize holiday depression
• With planning and clear communication, families can enjoy a festive and successful holiday season.
AUDIENCE POLL
Steps for Success:
1. Form a plan
2. Identify an alternative plan
3. Communicate with your family
4. Engage in the planning process
5. Set expectations
6. Be flexible
Build Family Resilience:

1. Accepting of the circumstances and getting creative to maximize seasonal enjoyment
2. Be purposeful in how you spend their time and energy
3. Assess thoughts and actions regularly – remember, not everyone has the same opinions, but space can be made to include everyone
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Thank you for attending!
Please take a few seconds to complete our Living Well Wednesday Survey.

Scan the QR code with your camera phone or follow this link:


Recording of presentations and handouts will be posted on our Living Well Wednesday website.

Join us for the 2022 Living Well Wednesday series!

January 12, 2022
Registration Coming Soon!

January 26, 2022
Registration Coming Soon!