

Enjoying the Holidays in 2020

During this holiday season, enjoy spending quality time with friends and family with these tips. Now, more than ever, it is important to invest in quality time with your loved ones and participate in fun activities together. These memories will last a lifetime.

- Ask your teen how they are feeling
- Let them know you are there if they need to talk
- Listen! Teens often just want someone to listen and not solve every problem for them
- Offer perspective on the situation by looking at the big picture
- Allow them a sense of control by giving them choices, maybe allow them to plan a special activity
- **Limit access to technology and social media**
- Encourage positive social activities like volunteering, donating clothes, or even a gift!
- Encourage outdoor time: playing games, hiking, having a picnic, or even camping!
- Keep a gratitude journal and take photos to record memories
- Plant a garden
- Bake holiday goodies and cook new recipes
- Make a new project, like refinishing an old piece of furniture
- Set up an at-home spa, with face masks and self-care treatments
- Make arts and crafts (there are tons of crafts you can make from recycled items around the house!)
- Learn a new skill: how to sew, knit, crochet, or learn to play a new instrument
- Try a new workout (maybe yoga or Pilates)

As always, please reach out to the Thunderbolt Counseling Office if you need additional support, we are here for you! Contact us by phone 928-854-7477 or email.

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