

SOCIAL EMOTIONAL WELLNESS

WINTER 2020

*Created by: Crisis Intervention &
Prevention Team*



**10 WAYS TO COPE WITH
HOLIDAY DEPRESSION**
(CLICK LOGO FOR VIDEO)



OUR TEAM

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We are here for you, even more so during these trying times, which can further cause distress for kids who already have issues with anxiety, depression, and general worry over what is happening in our country at this time. We can provide support through crisis intervention, mental health referrals and on-campus check-ins for students and their families.

You can submit a referral to our team by clicking [HERE](#).

BOUNDARIES FOR THE HOLIDAY SEASON

PUT UP A WALL BUT ALSO OPEN A DOOR:
"I CAN'T DO _____, BUT I WOULD BE WILLING
TO ____ INSTEAD."

CLARITY IS KIND & HELPFUL:
"I NEED TO TAKE SOME SPACE FOR MY OWN
WELL BEING."

YOU DON'T NEED TO JUSTIFY:
"NO THANK YOU."

GRATITUDE GOES A LONG WAY:
"THANK YOU FOR THE INVITE. I WON'T BE ABLE
TO MAKE IT."

@kelseymech #theworkofhealing



Managing Holiday Disappointment

The Holiday season can be a stressful time even without a pandemic. This 2020 Holiday Season will be like no other as people make tough decisions, lament broken traditions, manage safety precautions and face financial hardships. While disappointment seems to be the theme of 2020, we'd like to encourage you to reframe this 2020 Holiday Season into a more manageable and enjoyable time.

- With less happening, take advantage & spend quality time to show children extra love and affection.
- Establish a new tradition with your immediate family that can be used in following years to recall this infamous year. Ask children for ideas on how to make this year special or memorable.
- Remind children & yourself of the big picture and the holidays to come. There's a season for everything.
- Prepare children ahead of time by adjusting expectations, communicating plans & inviting their input.
- Validate their feelings of disappointment & don't punish children for having negative feelings about this Holiday Season. Be a role-model by demonstrating healthy ways to process strong emotions.
- Finally, do something to nurture yourself as a parent! Even if that comes in a form of a long bath or quick dance party around your couch!

<https://www.connecticutchildrens.org/coronavirus/how-to-help-kids-handle-holiday-disappointment-during-covid-19/>

CAN THE HOLIDAYS BE A TRIGGER FOR MY CHILD'S DEPRESSION?

By Ben Mahoney

Retrieved and adapted 12/2020 from

<https://discoverymood.com/blog/can-holiday-season-trigger-childs-depression/>

Just like adults, children and teenagers often exhibit signs of stress around the holidays. If a child is known to have depression, the holidays can be triggering. Children are like sponges; they can absorb the stress and anxiety from others around them and will react to their parents' stress. Many kids will feel anxious about going to a different daycare or childcare during Christmas break and may feel overwhelmed with finishing all their vacation homework during the long holiday break. Additionally, many children may feel sad because their parents are not in the position to spend money on presents this year. This can create a lot of social anxiety upon the return to school when many other kids are showing off their new Christmas toys and clothes.

Holiday blues versus depression

The holiday blues is a temporary undefined condition that commonly presents with a sad mood around the holidays. Many children and adults can feel overwhelmed and feel a sense of loss around the holidays. However, many people who think they may have the holiday blues can actually have depression, which is a serious mood disorder that can result in negative and harmful behaviors in both adults and children.

Sadness, feeling of guilt and loneliness, a loss of interest, changes in sleep and appetite, decreased energy, a decline in school performance and social isolation are all signs and symptoms associated with depression in children.

How to talk to your children about depression around the holidays

- Start by asking them if anything is bothering them and explain that you have noticed a change in their mood lately.
- Explain that the holidays can be a stressful time for everyone
- Ask if there is something, you can do to make their holiday better
- If there is an obvious trigger, like a major life transition, give reassurance to your child and recognize and respect their triggers.
- Keep an open dialogue and remember that listening is usually better than talking
- Start a simple holiday tradition, like taking a walk to look at Christmas lights
- Seek family therapy if these simple steps don't show improvement
- Be open to antidepressant medications and different types of psychotherapy

'TIS THE SEASON TO
HELP A FRIEND
 PLEASE, IF YOU SEE
SOMETHING CONCERNING,
SAY SOMETHING. YOU
CAN SUBMIT TIPS
ANONYMOUSLY
WITH CCSFFL APP
APPLE OR ANDROID




CRIME STOPPERS 817-469-8477
TARRANT COUNTY

FRIENDS FOR LIFE HAVE A FRIEND IN NEED? STAY ANONYMOUS & HELP

- BULLYING
- DATING VIOLENCE
- CYBERBULLYING
- FAMILY VIOLENCE/ABUSE
- GANG ACTIVITY
- SEXTING
- SEXUAL HARASSMENT
- SUICIDAL THOUGHTS

DOWNLOAD OUR APP SEARCH FOR "CCS FFL" IN THE APPLE APP STORE OR ANDROID MARKET

VISIT ONLINE CALL
WWW.469TIPS.COM 817-469-TIPS

LIVE CHAT ANONYMOUS ONLINE WEB FEATURE ON 469TIPS.COM

IF YOUR CHILD IS SUICIDAL AN ASSESSMENT FOR LEVEL OF RISK CAN BE DONE AT ONE OF THESE:

Children's Medical Center Dallas (Ages 3-17).

(214)456-8899 - Inpatient
 (214)456-5900 - Outpatient

Mesa Springs Hospital (Ages 12 and Up thru Adult)

Ft Worth Office: 817-841-8002
 Northwest Office: 682-593-6001

Cook Children's Behavioral Health (Ages 3-17).

(682) 885-3917

Perimeter Behavioral Hospital (Ages 5-17)

(817) 662-6342

JPS - Trinity Springs (Ages 13-17 & 18 Up)

(817) 702-3636

Texas Health Behavioral Health Center Arlington (Ages 13 Up, Thru Adult)

(682) 549-7916