



WEEKLY NEWSLETTER



HOLIDAY BURNOUT

Alexis Blunt, LCSW

As the holidays are fast approaching so is burnout for some of us. Managing households, working, raising kids, hosting holiday events, purchasing presents all while still navigating a world with Covid and crazy inflation, can make for an exhausting holiday season! Here are a few tips from Sherri Bourg Carter, Psy. D, author of *High Octane Women*, as well as some personal tips, in trying to keep yourself grounded and possibly enjoy the holidays without running yourself into the ground.

1. Try to pace yourself. Set up a timeline for shopping in your calendar (e.g. block off an hour on a Sunday afternoon) so that you can remind yourself to begin shopping and not leave it all for the last minute. Putting it in your calendar ahead of time will both remind you to do it and will help you not overspend by waiting until the last minute.
2. Prioritize your holiday list. Make a list of the activities or events you would like to do this year and go through knowing you may not be able to do it all, but identify the things that are most important to you and your family. This will help you not be overstretched and may allow you to actually enjoy the events. Whatever you cannot do this year, you can make a point to do it the following year.
3. Number two will help you with number three. Don't over commit to all the activities. Nothing will be enjoyable if you aren't able to take in the events so again, prioritize what is most important and save some of the ideas for the following year.
4. Shop online. Enough said!
5. Ask for help. Maybe this year you ask a family friend or family member to host one of the holidays. Maybe this year you focus on a potluck event versus doing all the cooking yourself. Ask for household members to contribute toward preparation. Delegate tasks on your to do list like potentially ordering groceries or seeking out help for a one time cleaning service before an event. Help distribute the to-do list so that it is more manageable.
6. Be kind to yourself. In our busy lives adding more to our agendas is not easy and having healthy, realistic expectations of ourselves is a gift we can provide for ourselves.
7. Make sure to take care of yourself. Remember, no is a full sentence. It is ok to not do it all, host it all, buy it all. By taking care of ourselves this holiday season, be it having boundaries with others or setting clear expectations of what we can or cannot do this year will make the holiday season that much more enjoyable for ourselves and those around us!

Bourg Carter Psy.D, Sherri. "7 Smart Strategies to Avoid Holiday Burnout." *Psychology Today*, Sherri Bourg Carter Psy. D, 2013 [7 Smart Strategies to Avoid Holiday Burnout | Psychology Today](#).

that we will be opening a Teen Intensive Outpatient Program (IOP) in our latest location in Apex this Spring! This unique property is a warm and inviting space with a large outdoor area where we will be able to continue to provide excellent care while maintaining appropriate distancing.

GROUP THERAPY:

- We are currently offering numerous Groups for children, teens, and adults, including:
- Anxiety & Depression Group for tweens (11-13)
- Teen Anxiety & Depression Group (14-17)
- Teen Substance Use Group
- Teen Empowerment & Growth Group
- Teen Social Club
- Mom's Support Group
- Parenting Teens Support Group
- Young Adult Anxiety & Depression Group



Social Skills Group
HOW TO TALK WITH FRIENDS

Krippa Family Psychological & Wellness Services

Learn Skills Related To:

- Talking With Friends
- Understanding Emotions
- Learn How to Interact With Others
- Healthy Relationships & Boundaries
- Making Friends

Who:
Youths Ages 8-12

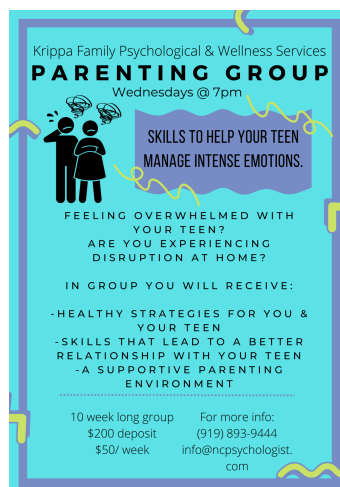
When:
Thursdays @ 6:15 pm

Where:
Cary, NC

12 WEEK CLASS
\$50 PER CLASS
\$200 DEPOSIT

For More information:
(919) 893-9444

www.ncpsychologist.com



Krippa Family Psychological & Wellness Services
PARENTING GROUP
Wednesdays @ 7pm

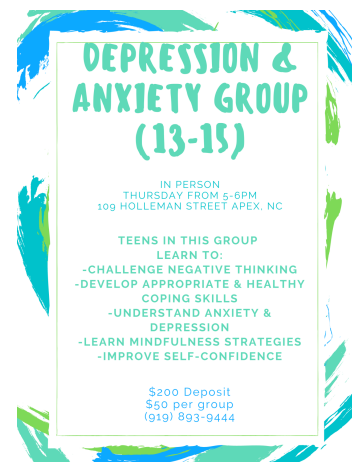
**SKILLS TO HELP YOUR TEEN
MANAGE INTENSE EMOTIONS.**

FEELING OVERWHELMED WITH YOUR TEEN?
ARE YOU EXPERIENCING DISRUPTION AT HOME?

IN GROUP YOU WILL RECEIVE:

- HEALTHY STRATEGIES FOR YOU & YOUR TEEN
- SKILLS THAT LEAD TO A BETTER RELATIONSHIP WITH YOUR TEEN
- A SUPPORTIVE PARENTING ENVIRONMENT

10 week long group For more info:
\$200 deposit (919) 893-9444
\$50/ week info@ncpsychologist.com



DEPRESSION & ANXIETY GROUP (13-15)

IN PERSON
THURSDAY FROM 5-6PM
109 HOLLEMAN STREET APEX, NC

TEENS IN THIS GROUP
LEARN TO:

- CHALLENGE NEGATIVE THINKING
- DEVELOP APPROPRIATE & HEALTHY COPING SKILLS
- UNDERSTAND ANXIETY & DEPRESSION
- LEARN MINDFULNESS STRATEGIES
- IMPROVE SELF-CONFIDENCE

\$200 Deposit
\$50 per group
(919) 893-9444

To learn more about any of our Groups and to enroll please call us at 919-893-8444 or email us at info@ncpsychologist.com. Visit us at www.ncpsychologist.com and our Facebook and Instagram pages: Krippa Family Psychological & Wellness Services.

Website

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