

Holiday Stress

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The holidays are times we look forward to and enjoy celebrating each year. However, sometimes we become so stressed that what should be a fun time becomes a time of anger and frustration. Just as the holidays may become too much for you, these times can become too much for your children.

Here are some ideas for you and your child to help lessen the holiday season stress.

1. Know you and your child's limits. Do not plan too many activities. Children can be affected by changes in routine such as bedtimes and meal times.
2. Combine activities when possible such as a visit to a relative may be done at a child's Christmas performance instead of at the relative's house. This provides more time to accomplish more activities while saving your energy and patience. Know your child's limits for activities, visiting and relatives.
3. Keep to your normal routine.
4. Watch that your child does not get too many holiday desserts and sweet treats.
5. Do not give your children alcohol. Alcohol affects children differently than it does adults.
6. Make sure your child get nutritious foods, enough water and exercise each day. Make sure you as a parent are also watching your health.
7. Explain family beliefs and traditions so that your child can fully enjoy them. Traditions can be a protective factor against alcohol and other drug use.
8. Reduce your own holiday anxiety and stress. Your child picks up on your emotions.
9. Include calming activities in the day. Does your child like to draw, watch a special movie, listen to music, or take a walk? What ever helps them relax, use it during the holidays.
10. If traveling take along something familiar from home such as a favorite toy or blanket to

help your child feel more secure in strange surroundings.

11. Find fun, relaxing activities for the family to do together to lessen stress such as watching a funny movie, playing a game, reading or doing a favorite outdoor sport.
12. Expect problems over the holidays – the gift was not liked, the dog got into the presents, the turkey overcooked. Realize that nothing is perfect and just enjoy the season as it comes.
13. Remember enjoy the holiday. Better to do less and buy less than to overextend and find that you are so stressed you just can not wait for the season to be over.

New Layout

Change in format

Because of the large number of newsletters we are printing, we have gone to a two page layout. We hope you will still enjoy the information we provide.

Quiz Answers

1. Frosty
2. 38 according to <http://dearsantaclaus.biz/santanames.htm>
3. Riga Latvia, 1510 <http://www.firstchristmastree.com/>
4. Donner
5. It's A Wonderful Life



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Happy Holidays

From the Eddy County DWI Program



How Well Do You Know Yourself?

You are at a party or perhaps celebrating at home. You may think that you have only had a little alcohol and are fine to drive. Many people think that because the legal limit to drive is a blood alcohol concentration (BAC) under 0.08, that any lower limit of alcohol will not affect his or her driving ability. This is not true. As soon as you start to drink alcohol it enters the body and starts to have an effect. When we talk about a drink we mean 12 ounces of beer, 5 ounces of wine or one ounce of hard liquor. The body does not care what form of alcohol you chose, the results are the same.

A one hundred and fifty pound man that has a 12 ounce beer will have a blood alcohol concentration of about 0.05. Women of the same weight will have a slightly higher level. Let's look at what that means if you decide to drive. Each 2 to 2 1/4 ounces of beer would raise your blood alcohol level about 0.02. At a BAC of 0.015 or less than 2 ounces of beer it would already be affecting you reaction time and your visual function. Drink another few sips and at two and a half ounces of beer your ability to track and steer would be lessened. By the time you have had just over six ounces or half a beer your response to an emergency situation would be decreased. You would not be able to respond to someone stepping out in front of the car as quickly, or steering around the driver that just pulled out in front of you. You would already not be able to control your car as well as when you have not had anything to drink. If you decide to start a second beer just two ounces from that one and you will have difficulties processing nay information and your judgment will be impaired. This might be seen at a traffic light. You see a green light up ahead change to yellow. You are far enough away from the light that you would normally stop but instead you just keep going ignoring the light or maybe not even seeing it. However, in the next few seconds you may feel that light as your car slams into another car.

If you chose to party over the holidays, be responsible. Have a designated driver that does not drink any alcohol. It does not take a blood alcohol level of 0.08 or greater to increase your risk of an accident. Don't let your holidays end in the emergency room or the morgue. Do not risk taking your child's life. Please do not use alcohol and then drive. The two are mortal enemies.

Winter Quiz

1. What well known snowman has a song named after him?
2. How many names are there for Santa Claus?
3. When was the first evergreen used in a Christmas celebration?
4. What was Rudolph's dad's name?
5. What Christmas movie has played more than any other?