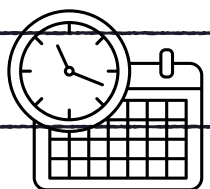


TIPS FOR MANAGING HOLIDAY STRESS FOR TBI SURVIVORS

Here are 6 tips that can help TBI survivors, their families, and friends reduce stress during the holidays:

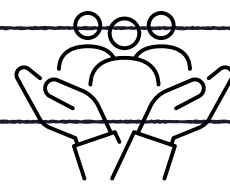
1



Plan Ahead

Create a schedule for events, meals, and quiet time. Having a plan in place can help reduce anxiety about the unknown.

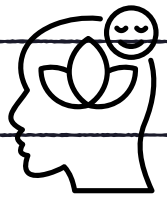
2



Limit Commitments

It's okay to say no. Choose to attend gatherings less likely to cause sensory overload or stress.

3



Keep Calm

Designate a quiet, comfortable area to retreat to if things get overwhelming. This can be a lifesaver at gatherings.

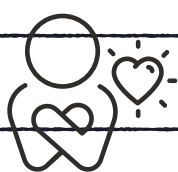
4



Communicate

Let friends and family know about your limitations or preferences. Most people will be understanding and willing to accommodate.

5



Self-Care

Engage in relaxation activities such as meditation, breathing exercises, or physical activity. Make time, even for a few minutes each day.

6



Overstimulation

Use earplugs, sunglasses, or other items to minimize overstimulation and sensory input.

Remember, it's ok to prioritize peace over parties and to focus on well-being over holiday expectations.