



care/solace

# *Holiday Toolkit*

Enjoy these resources to help make the holiday transition as smooth as possible.



# Tips to Help Your Teen

## Set Effective Goals for the New Year:

### 1. Make sure it's *their* goal, not yours.

Teens may interpret any advice from parents as an attempt to control them and may reject your advice. They might open up if given the freedom to set their own goals.

### 2. Encourage them in their passions.

If what your teen wants to do is safe and reasonable, you have an opportunity to show interest and encourage them.

### 3. Introduce goal-setting to support their dreams.

If your child has a passion, you can introduce goal-setting by saying, "Sounds like you're interested in \_\_\_\_\_, great idea! Would you like me to help support your plan?" and show them how to set attainable goals.

### 4. Remind your teen they're in control.

If your teen feels discouraged by setbacks, like a bad grade, remind them of their accomplishments and discuss the skills needed to reach their goals, showing them that they are in control of their mindset and actions.

### 5. Explain it's about the journey, not the destination.

You can remind your teen that achieving a goal isn't the end game. In fact it's the process of achieving a goal that builds resilience and growth.

### 6. Help your teen see a deeper value in their goal.

In a teen's development, real growth comes from understanding the "Why?" behind achieving their goal. As you support their dreams, you can help them see this deeper value by reminding them why they are pursuing them.

If you or someone in your family needs support, Care Solace is available 24/7 to help connect you to mental health resources quickly and confidentially at (888) 515-0595.



# Wellness Tips for Teachers Going into the Holiday Break



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Your wellbeing matters, too.



## Set boundaries early

Get ahead of the break by setting up an OOO email, and letting your colleagues know when you're leaving.

## Limit "work talk"

As you reconnect with family, consider taking a break from work stress by focusing on positive conversations and enjoying the company of loved ones.

## Separate yourself from work

Do your best to leave work in your office or put it away during the break so you won't be tempted to open it up.

## Create tech-free zones

During the break, it might be helpful to dedicate certain spaces (i.e. your bedroom or dining area) as "tech-free areas" for relaxing without distractions.

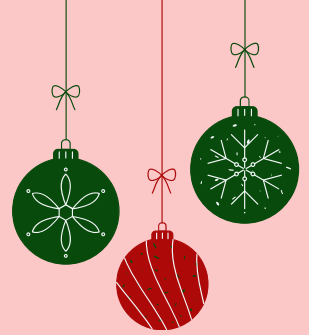
## Set goals for yourself (not work goals!)

Consider using the break to plan some downtime—whether it's reading, exercising, spending time with loved ones, or simply clearing your mind.

## Plan something to look forward to

Make plans with friends or family, or block out a day of the week where you treat yourself to a solo-date!

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# Together, let's reach our goals!

Set shared values and goals for the new year that your family can work toward together.

*Places to visit:*

*Traditions to start:*

*Family activities:*

*Our 2025 values:*

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# New Year Goal Setting Worksheet:



In 2024, my favorite  
parts were:



In 2025, I will spend  
more time:



I will spend  
less time:



I want to learn:



*How will you feel when you reach your goals?*

