

# PROJECT SUCCESS UNIVERSAL PREVENTION ACTIVITIES

DECEMBER 2021

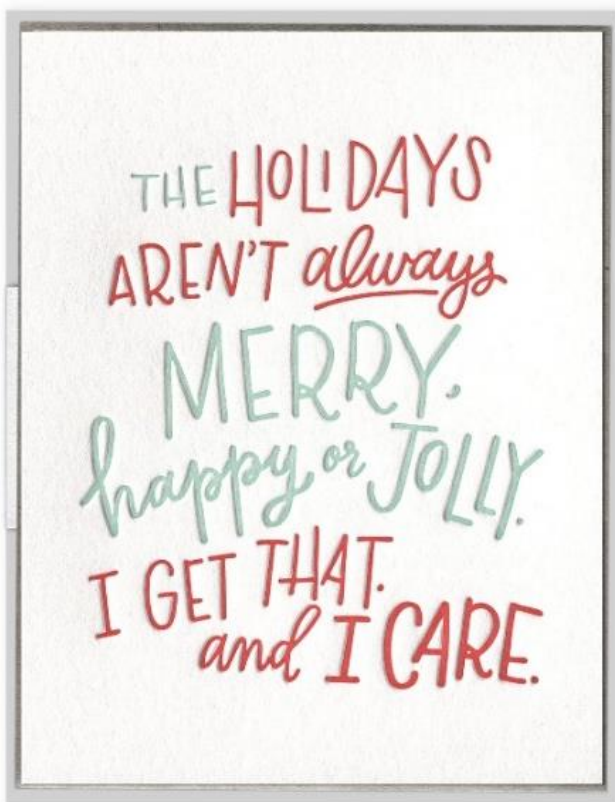
## HOLIDAY STRESS!



In December, Student Assistance Counselors focus on the theme,

### “The Holidays Aren’t Always Happy”

This is an opportunity for student assistance counselors to reach out to faculty for referrals, and directly to students who may be dreading, rather than looking forward to holiday time. Whether families are struggling with addiction issues, poverty, grief over a loss, etc. the holidays can put a spotlight on family challenges, rather than bring out the best.



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Tips for managing holiday stress can be in the form of flyers around the school, or display cases/bulletin boards.



Kids may be attracted to a holiday tree with goodies, but the prevention messages are all around!