



GRANBURY ISD

FAMILY CONNECTION

HAPPY HOLIDAYS

CREATED BY COMMUNITIES IN SCHOOLS

Congratulations! You and your student have made it to the last 6 weeks of the Fall semester. We know that times are hard and with the holidays coming up, stress is high. The last six weeks of the semester your student may be testing, retesting, preparing for semester finals, itching for a break, or maybe still struggling with being back on campus since the pandemic. This holiday season we would like to share some helpful tips to not only help manage your child's stress, but your own as well.

COMMUNITY RESOURCES

LOCAL FOOD PANTRIES

- MISSION GRANBURY
- PEOPLE HELPING PEOPLE
- LOAVES AND FISHES
- BRAZOS RIVER ACRES

- SEE PAGE 3 FOR ORGANIZATIONS PROVIDING THANKSGIVING MEALS & TURKEYS AS WELL AS LOCAL PANTRY INFORMATION



According to the American Psychological Association, 38% of people surveyed said their stress increased during the holiday season, which can lead to physical illness, depression, anxiety, and substance misuse. The reasons given: lack of time, financial pressure, gift-giving, and family gatherings.

STRESS MANAGEMENT

HOW TO MANAGE STRESS THROUGH THE HOLIDAYS

Set Priorities

- You may feel overwhelmed with the thought of having to attend all the holiday events, planning your own parties, sending Christmas cards and make sure all family traditions are covered. **ITS OK TO SAY NO!** To manage stress pick a few of these activities that matter most to you, really enjoy these activities and skip all the rest.

Setting limits for togetherness

- Too much togetherness and feeling like you have to please everyone can be very exhausting. This holiday season try to set personal limits for this. Think back to previous years and try to pinpoint how much togetherness you and your family can take before feeling negative stress. Can you limit the number of parties you attend or throw or the time you spend with each other?

Allow yourself to breathe

- Amongst all the business allow yourself a chance to do some deep breathing. It's great if you can take ten minutes by yourself to do a breathing exercise, but merely stopping to take a few deep, cleansing breaths can reduce your level of negative stress in a matter of minutes

Be realistic.

- The holidays don't have to be perfect or just like previous years. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones. For example, if your adult children or other relatives can't come to your home, find new ways to celebrate together, such as sharing pictures, emails or videos. Or meet virtually on a video call. Even though your holiday plans may look different this year, you can find ways to celebrate.

Reach out.

- If you feel lonely or isolated, seek out community, religious or other social events or communities. Many may have websites, online support groups, social media sites or virtual events. They can offer support and companionship. If you're feeling stress during the holidays, it also may help to talk to a friend or family member about your concerns. Try reaching out with a text, a call or a video chat. Volunteering your time or doing something to help others also is a good way to lift your spirits and broaden your friendships. For example, consider dropping off a meal and dessert at a friend's home during the holidays.



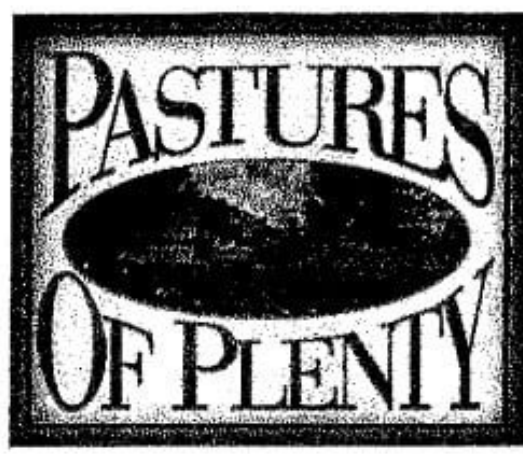
Come Visit
Mission Granbury's
Drive-Through Food Pantry
Weekly
Tuesday or Thursday

9:00 a.m. - 3:00 p.m.
3611 Plaza East Ct.
817-579-6866

Share with someone you know
who needs food.
We're here to help.

PASTURES OF PLENTY

FREE THANKSGIVING DINNER



When: Thursday, NOV. 25, 11AM-2PM

Where: Brock's Food and Drink

4021 Acton Hwy

Local business people, churches and officials
helping the underprivileged, hungry, sick, lonely
and anyone in our community.

PICK UP OR DRIVE THRU

For free meal delivery call: Jan: 682-558-9895

FREE THANKSGIVING DINNER

**Local
Resources**

Rancho Brazos Community Center
3701 Sundown Trail Granbury, Tx 76049

Tarrant Area Food Bank

Mobile Pantry on Thursday,
November 18, 2021 5-7pm

Hot To-Go Thanksgiving Dinners for individuals
on Friday, November 19, 2021 5-8pm

Presented by
Mattressville

The Great Turkey Giveaway

Where: Stonewater Church
911 E. Hwy 377
Granbury, TX 76048

When: Saturday, November 20th, 9am

How do I get a turkey? Just show up! First come first served.
Limit 1 Per Car. Drive Thru and we will hand you a turkey.
We are giving away over 1,500 lbs of frozen turkeys.