

# Resources

How to Make Holidays Kid-Friendly

<https://childmind.org/article/how-to-take-the-stress-out-of-the-holidays/>

How to Support Your Child's Mental Health During the Holidays

<https://www.familymeans.org/articles/2021/12/17/how-to-support-your-childs-mental-health-during-the-holidays/>

Mental Health Tips for Teens and Their Families During The Holidays

<https://ihealthox.com/blog/mental-health-tips-for-teens-and-their-families-during-the-holidays/>

Coping With Holiday Stress

<https://www.alexandriava.gov/dchs/coping-with-holiday-stress>

How to Help Your Teen Manage Holiday Stress

<https://www.newportacademy.com/resources/empowering-teens/holiday-stress-management/holiday-resources>