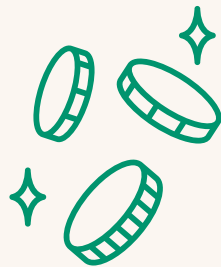


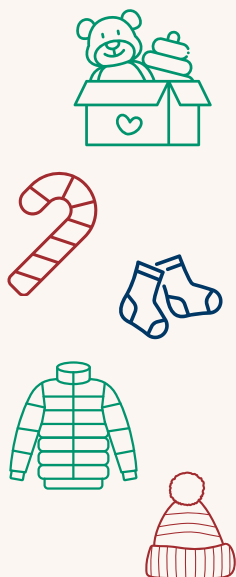
Impact Interactions: Holiday Hardships

Impact Summary

Nearly \$1k
total funds
raised



Over 350
gift items
donated



- 38 toys donated to Sankofa Unity Center STL
- 15 gifts donated to a family in KC
- Over 300 gifting items donated to the Bootheel, including Christmas cards, candy canes, snacks, and warm fuzzy socks.
- Coats, hats, gloves, feminine products and other items donated to The T STL



www.tinyurl.com/HolidayHardships



Facilitation Highlights: Navigating Holiday Hardships with Compassion and Self-Care

In a recent discussion addressing the myriad challenges individuals face during the holiday season, our facilitation centered around acknowledging and understanding various hardships, including new traditions, grief and loss, individualized trauma, financial constraints, the overwhelming nature of holiday expectations, and broader community trauma.

Key Insights

1

How can I support others when I do not know what to say or I do not have solutions?

Rather than feeling the pressure to provide solutions, focus on creating a supportive environment. Holding space, active listening, and being present are valuable tools we encourage. These actions foster a sense of connectedness, reducing feelings of isolation.

2

How do I take care of myself during this season?

Self-care is paramount. Managing expectations, assessing personal needs, and recognizing the impact of social interactions on one's well-being are crucial. Feel encouraged to limit gatherings if they adversely affect your social energy, engage in proactive activities that nurture personal well-being, and deliberately carve out dedicated time for self-reflection and relaxation.



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3

How do I communicate boundaries to those I love?

Acknowledging the challenge of communicating boundaries, proactive identification of personal limits is essential. Communicate boundaries clearly to ensure positive gatherings. The use of gentle reminders and proactive communication are also helpful tools. Also feel empowered to take breaks or leave spaces early to prioritize your well-being.

Closing

The facilitation aimed to validate diverse struggles during the holiday season and provided practical strategies for both supporting others and practicing self-care. By fostering understanding, empathy, and proactive communication, the session aimed to empower participants to navigate the holidays with resilience and compassion.

