



# DEALING WITH FAMILY CONFLICT AND STRESS

The holiday season is often filled with fun and family, but it can also be stressful. Family dynamics play a major factor in how much you and your loved ones enjoy the holidays, so here are a few ways you can manage family-related stress.

*Talk in advance to set expectations around gift-giving.*

*Be selective with activities and protect your time to do what matters most to you.*

*Create a game plan for how you will respond to stressful conversations.*

*Be aware of the tendency to revert to old patterns of behavior.*

*Set and enforce boundaries with family members who display toxic behaviors.*

*Give yourself time to remember and grieve departed loved ones.*

*Identify a “lifeline” to call or talk with when you start to feel stressed.*

Student Well-Being will also be available during most of winter break,  
Monday - Friday, 8am - 5pm. Check our socials for other  
available resources while we are closed.

## GET IN TOUCH



[wellbeing@mst.edu](mailto:wellbeing@mst.edu)



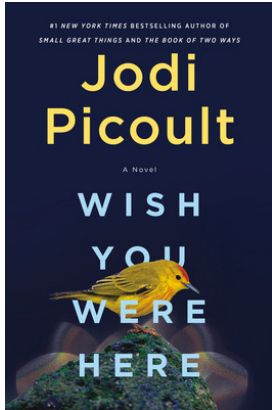
[@sandtwellbeing](https://www.instagram.com/sandtwellbeing)



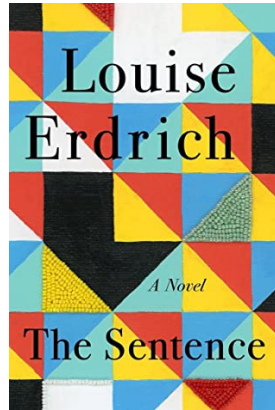
(573).341.4211



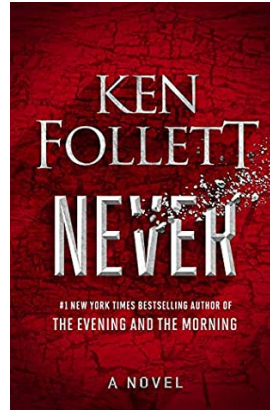
# NEW BOOK RELEASES TO READ THIS WINTER BREAK



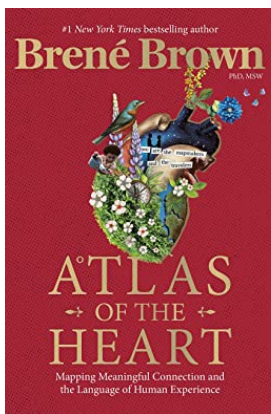
*Wish You Were Here*, Jodi Picoult  
(Fiction)



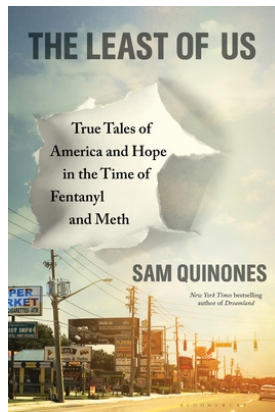
*The Sentence*, Louise Erdrich  
(Fiction)



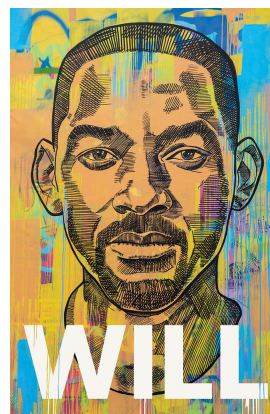
*Never*, Ken Follett  
(Mystery/Thriller)



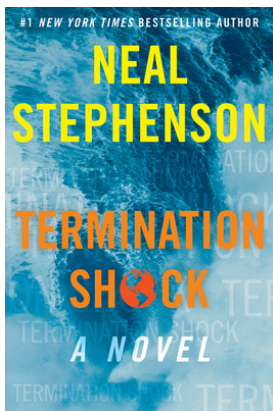
*Atlas of the Heart*, Brené Brown  
(Nonfiction)



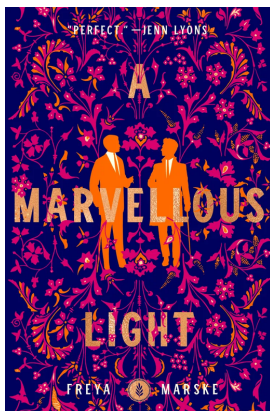
*The Least of Us*, Sam Quinones  
(Nonfiction)



*Will*, Will Smith & Mark Manson  
(Memoir/Autobiography)



*Termination Shock*, Neal Stephenson  
(Science Fiction)



*A Marvellous Light*, Freya Marske  
(Historical Fiction)



*The Fastest Way to Fall*, Denise Williams  
(Romance)



*You've Reached Sam*, Dustin Thao  
(Young Adult)

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# THIS MONTH'S HEALTH AND WELL-BEING FEATURED RESOURCES



## MISSOURI S&T RESOURCES:

**Curtis Laws Wilson Library:** All Missouri S&T students, faculty, and staff can check out materials and laptops, access electronic resources, and use the computers on the ground floor and the second floor CLC. Additionally, all of the databases, ebooks, and electronic journals available through the library can be accessed off-campus by logging in with your university credentials, unless noted otherwise. There are also study and meeting rooms available to reserve on a first come, first serve basis. Reference librarians are available to help you develop your research skills and effectively use library resources. You can meet with them at the resource desk or schedule an in-depth meeting for yourself or a group. The library is open Monday - Friday, 8am - 5pm during most of winter break. For a more detailed schedule, view on their website ([library.mst.edu](http://library.mst.edu)).

**Recreation Center:** The Student Recreation Center houses basketball, volleyball, badminton, racquetball, and squash courts, an aerobics room, a pool, and a three lane track, all indoors. Student groups can reserve different rooms or courts on campus for one hour per week. Campus members are also allowed to use the intramural turf field, while the building is open. Sports equipment (for use in the building and on the field) can be checked out with your university ID. Various sports events take place at the recreation center, and tickets to these events are free to all S&T students. The Student Recreation Center will be open most of winter break, with varying hours every day. Check their website for a day-to-day schedule ([studentrec.mst.edu](http://studentrec.mst.edu)).

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