



Stress Less:

Connect and Communicate Through the Holidays!

We will begin at 12:15pm.

Presented by



JoEllyn Argabright

REGIONAL FCS
SPECIALIST,
NORTHWEST



Tristen Cope

FAMILY & CHILD DEV.
AGENT, CHISHOLM
TRAIL DISTRICT



- Today's Guide For A Healthy Conversation

- Be respectful and open of others.
- Please type your questions in the Q&A box and comments into the chat box for our moderators.
- Today's session will be recorded and will be posted to our Living Well Wednesday web page:

<https://bit.ly/KSRELivingWellWebinars>



**LIVING WELL
WEDNESDAY**

K-State Research and Extension Webinar Series





AND JUSTICE FOR ALL



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To file a program discrimination complaint, a complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form, which can be obtained online, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

mail:
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or

fax:
(833) 256-1665 or (202) 690-7442;

email:
program.intake@usda.gov.

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Para presentar una queja por discriminación en el programa, el reclamante debe completar un formulario AD-3027, Formulario de queja por discriminación del programa del USDA, que se puede obtener en línea, en cualquier oficina del USDA, llamando al (866) 632-9992, o escribiendo una carta dirigida al USDA. La carta debe contener el nombre, la dirección y el número de teléfono del reclamante, y una descripción escrita de la supuesta acción discriminatoria con suficiente detalle para informar al Subsecretario de Derechos Civiles (ASCR, por sus siglas en inglés) sobre la naturaleza y la fecha de la presunta violación de los derechos civiles. La carta o el formulario AD-3027 completado debe enviarse al USDA por medio de:

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correo electrónico:
program.intake@usda.gov.

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K-STATE
Research and Extension
Family & Consumer Sciences

**STRESS LESS:
CONNECT AND COMMUNICATE
THROUGH THE HOLIDAYS**

Living Well Wednesdays

December 8, 2021

12:15 – 1:00 pm

OBJECTIVES:

1. Participants will learn a variety of methods for connecting with family near and far.
2. Participants will identify ways to create an inclusive environment for family members of all ages.
3. Participants will gain tools for managing family dynamics.



AUDIENCE POLL

Communicating with Family:

- Communicate clear expectations
- Respect Differences in Opinion
- Plan Ahead
- Utilize Hybrid Methods of Celebration





- Create new traditions
- Remember together
- Be flexible
- Recognize holiday depression



- With planning and clear communication, families can enjoy a festive and successful holiday season.



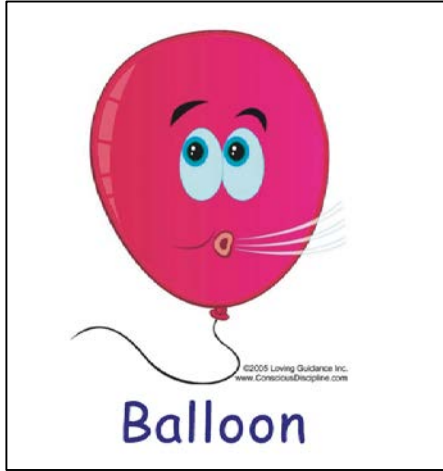
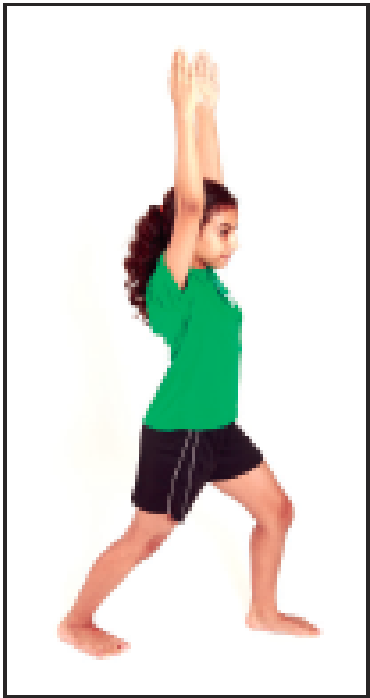


AUDIENCE POLL

Steps for Success:

1. Form a plan
2. Identify an alternative plan
3. Communicate with your family
4. Engage in the planning process
5. Set expectations
6. Be flexible





Build Family Resilience:

1. Accepting of the circumstances and getting creative to maximize seasonal enjoyment
2. Be purposeful in how you spend their time and energy
3. Assess thoughts and actions regularly – remember, not everyone has the same opinions, but space can be made to include everyone



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K-State Research and Extension

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Join us for the 2022 Living Well Wednesday series!

Thank you for attending!

Please take a few seconds to complete our Living Well Wednesday Survey.



Scan the QR code with your camera phone or follow this link:

<https://bit.ly/LivingWell-Survey>

Recording of presentations and handouts will be posted on our Living Well Wednesday website.

<https://bit.ly/KSRELivingWellWebinars>



LIVING WELL WEDNESDAY

K-State Research and Extension Webinar Series

A Parents Guide to Social Media

Do you know what phone apps are the most popular in the US? Join John Calvert, Director of Safe & Secure Schools Unit, as he teaches us about what apps to be aware of on our child's phone. (Adults Only)



Presenter: John Calvert

Date: January 12, 2022
Time: 12:15 - 1:00pm
Location: via Zoom
Register at: Check our website at a later date!



LIVING WELL WEDNESDAY

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Contact us at livingwell@ksu.edu for questions or visit our website: <https://bit.ly/KSRELivingWellWebinars>

K-State Research and Extension is an equal opportunity provider and employer.

January 12, 2022
Registration Coming Soon!

CULTIVATE AN ATTITUDE OF

Gratitude

Was your New Year's Resolution to become more positive? Do you want to enhance your personal and professional life? Join us to learn how to change your attitude into a grateful one. You will learn the art of practicing gratitude, the benefits of practicing gratitude, and the impact it has on our lives.

Date: January 26, 2022
Time: 12:15 - 1:00pm
Location: via Zoom
Register at: Check website at a later date!

Presenters:



Gayle Price
Southeast Region
Family and Consumer Science
Specialist



Jennifer LaSalle
Family and Community Wellness
West Plains Extension District



Mirna Bonilla
Community Health and Wellness
Chisholm Trail District



LIVING WELL WEDNESDAY

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January 26, 2022
Registration Coming Soon!