

### Chapter 1 : Domestic Violence and the Holidays: A Survivor's Guide – Maria Droste Counseling Center

*It should have been a wonderful holiday for the four young people traveling to Venice, so it was a shock to find, on arriving in Turin, that their elderly travelling companion has been the victim of robbery with violence. They continue on their way with dampened spirits, only to find that trouble is.*

Domestic Violence and the Holidays: It is a time for loved ones, celebration, and joy. However, for victims of domestic violence, the holidays can be a very dark and scary time. Unrealistic expectations, financial pressures, and the increased consumption of alcohol can raise stress levels, which can contribute to incidents of domestic violence. Since the holiday season is supposed to be the best time of the year, many people have high expectations. These can include giving the best gifts, balancing time effectively, getting along with family, and having an abundance of holiday spirit. Many people can become stressed while trying to live up to these heightened expectations, and feel devastated if they fail. Before the holidays, it is important to set realistic expectations and realize that things may not go as planned. Financial pressures and the stress of having a tight budget can feel more overwhelming during the holidays. The expectations of buying the best gifts can increase anxiety about how to handle the many added expenses. Some simple steps can help with stress management during the holidays. One way to help with financial strain is to develop a holiday budget and plan of action. Be realistic about gift giving; give gifts that your budget allows, whether that includes store-bought or homemade items. By prioritizing gift giving and resisting external pressure and the internal urge to overspend, holiday stress can be decreased. Another component of the holidays is the serving and drinking of alcohol. Sometimes, individuals will use alcohol and other substances to cope with holiday stress. While hosting holiday parties, offer a selection of non-alcoholic beverages and stop serving alcohol at least one hour before the party ends. Consider attending Alcoholic Anonymous or Al-Anon if you or a family member have struggled with alcohol dependency. The meetings can be one of the most important steps to reduce the level of stress during the holidays. Seeking out further assistance, such as addiction counseling, can also help you handle the stress of the holidays. Domestic violence is more likely to occur when stress levels are high. During the holidays, unrealistic expectations, financial strain, and alcohol can increase stress, and therefore, incidents of domestic violence. If you find that you are in a domestic violence situation, it is important to have a safety kit in case you have to exit a dangerous situation quickly. There is help for persistent stress, worry, anxiety, depression, or overall negativity during the holidays. Finding the right therapist where you can have a safe place to get support and empowerment during difficult times can be helpful. Therapy can help with stress management, mood and relationships, and confidence and empowerment.

## Chapter 2 : - Holiday with Violence by Ellis Peters

*Holiday with Violence [Ellis Peters] on racedaydvl.com \*FREE\* shipping on qualifying offers. It should have been a wonderful holiday: four young people travelling together through the Italian countryside to Venice.*

Please feel free to copy it and share with others or access their website for more information: However, for many people, it is a time of self-evaluation, loneliness, reflection on past failures, and anxiety about an uncertain future. What Causes Holiday Blues? Many factors can cause the "holiday blues": The demands of shopping, parties, family reunions, and house guests also contribute to feelings of tension. People who do not become depressed may develop other stress responses, such as: Even more people experience post-holiday let down after January first. This can result from disappointments during the preceding months compounded with the excess fatigue and stress. Coping with stress and depression during the holidays: Keep expectations for the holiday season manageable. Try to set realistic goals for yourself. Make a list and prioritize the important activities. Be realistic about what you can and cannot do. Do not put entire focus on just one day i. Remember the holiday season does not banish reasons for feeling sad or lonely; there is room for these feelings to be present, even if the person chooses not to express them. Leave "yesteryear" in the past and look toward the future. Each season is different and can be enjoyed in its own way. Try volunteering some time to help others. Enjoy activities that are free, such as driving around to look at holiday decorations; going window shopping without buying; making a snowperson with children. Be aware that excessive drinking will only increase your feelings of depression. Celebrate the holidays in a new way. Spend time with supportive and caring people. Reach out and make new friends or contact someone you have not heard from for awhile. Save time for yourself! Let others share responsibility of activities. Can Environment be a Factor? Recent studies show that some people suffer from seasonal affective disorder SAD which results from fewer hours of sunlight as the days grow shorter during the winter months. Phototherapy, a treatment involving a few hours of exposure to intense light, is effective in relieving depressive symptoms in patients with SAD. Other studies on the benefits of phototherapy found that exposure to early morning sunlight was effective in relieving seasonal depression. Recent findings, however, suggest that patients respond equally well to phototherapy whether it is scheduled in the early afternoon. This has practical applications for antidepressant treatment since it allows the use of phototherapy in the workplace as well as the home.

## Chapter 3 : National Resource Center on Domestic Violence » Holiday Toolbox

*Holiday with Violence - Kindle edition by Ellis Peters. Download it once and read it on your Kindle device, PC, phones or tablets. Use features like bookmarks, note taking and highlighting while reading Holiday with Violence.*

## Chapter 4 : Cancun violence: Gang crime in Mexico heats up

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## Chapter 5 : DOMESTIC VIOLENCE AND THE HOLIDAYS « CCFMTC

*The Toolbox features holiday call data from the National Domestic Violence Hotline, and a social media section offering messaging to engage audiences around supporting survivors during the holidays via Twitter, Facebook and other channels.*

## Chapter 6 : Domestic Violence Doesn't Take a Holiday

*A quartet of traveling students stumbles into a deadly conspiracy When the door opens, Signor Galassi flinches, fearing that someone has come to relieve him of the precious cargo he's transporting back from France.*

### Chapter 7 : Holiday with Violence | Open Library

*With the holiday season approaching, questions will arise about the connection between domestic violence and distinctive holidays. Guidance from the NRCDV Technical Assistance Team follows. For many people, the holiday season is a time of joy and merriment.*

### Chapter 8 : Holiday Depression & Stress

*The National Domestic Violence Hotline reports a five to 25 percent decrease in calls throughout the holiday season (Dec. 15 to Jan. 1), differing from the Idaho study somewhat, followed by a five percent uptake in calls after the holidays.*

### Chapter 9 : Chicago Tribune - We are currently unavailable in your region

*The holidays are often thought of as the best time of the year. It is a time for loved ones, celebration, and joy. However, for victims of domestic violence, the holidays can be a very dark and scary time.*