**Subject:**

How to Lower Family Holiday Stress: Therapist with Tips for Gatherings, Road Trips & More

Hello Kathy,  
  
This is Janice Wiggins, I’m a family therapist (www.JWFamilyTherapy) and a mother of three young children. I’d love to connect with you about sharing some tips with your WorkingMother.com readers that will help them make it through the holidays - from road trips to family dinners with relatives - with as little stress as possible.

As a licensed family therapist with over 10 years of experience, I have accumulated a wealth of action steps, advice, and proven methods to make holidays happy again.

I’ve outlined some of what I can share below and would be happy to connect with you and discuss it more.

* How to make a road trip more manageable for children and parents without resorting to all-day screen time.
* Handling the in-laws: Tips for husbands and wives at all stages of their marriage to make holidays with the in-laws a pleasant experience.
* General Holiday Stress: My go-to action steps families can take now to alleviate stress as well as prevent some anxiety-inducing situations in the first place.
* What are the most common causes of holiday stress and how can you prepare for them? I can go through the top 5 and provide solutions.

Should you have any questions, please don’t hesitate to reach out. I look forward to connecting!

All my best, Janice

Website

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