



How to Set Healthy Boundaries before and after Holidays

The holiday season can be a time of celebration but sometimes it can be stressful and overwhelming. At HAVEN, we know that setting clear boundaries can make a real difference in helping to preserve your mental and emotional well-being. Here are 6 tips for maintaining healthy boundaries and while still soaking up the joy of the season.

Define Your Priorities

Before you start setting boundaries, it's important to identify your priorities. What are the most meaningful aspects of the holidays for you? Is it spending time with immediate family, reconnecting with old friends, or quiet time alone? Understanding your priorities will guide you in setting boundaries that align with what you find important.

Communicate Openly

Share your intentions and needs and be clear about your boundaries and why they are important to you. Honest conversations can prevent misunderstandings and conflicts, and your loved ones are more likely to respect your wishes if they understand your perspective.

Just Say No - Kindly

You don't have to agree to every invitation or request that comes your way during the holidays. Politely decline when necessary and remember that it's perfectly acceptable to allocate your time and energy to what matters most to you. Saying no is a powerful skill when it comes to setting boundaries.

Create a Budget

Financial boundaries are just as important as personal ones. Setting a budget for holiday spending can prevent financial stress. Plan your gift-giving, travel, and entertainment expenses ahead of time, and stick to your budget.

Prioritize Self-Care

During the holidays, it's easy to forget about self-care. Taking care of yourself can be hard when there's so much to do. Finding moments for yourself can simply include reading, meditation, exercise or writing in a journal. Don't be afraid to re-charge.

Reach Out for Support

If you are feeling overwhelmed due to holiday stress, don't keep your feelings bottled up. Sharing your thoughts and emotions with friends or family members can be therapeutic. You can always call HAVEN's 24/7 support line to talk with an Advocate at 715-536-1300. We are here to listen.

Setting healthy boundaries for the holidays is a powerful way to protect your mental and emotional well-being while ensuring a more enjoyable and meaningful holiday experience. Remember, the holidays are a time to celebrate, but they should also be a time for you to take care of yourself and find joy. Although this is specified toward the holidays, consider practicing throughout the year!

Adapted from: [How to Set Healthy Boundaries for the Holidays | Crisis Text Line](#)

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Mission Statement

HAVEN is a champion to people who have experienced abuse. We provide safety, shelter and assistance to victims and survivors in a free and confidential manner. Through education and advocacy, we support their journey of empowerment to achieve economic and emotional independence.

Human Trafficking (Wis. Stat. § 940.302)			
Action:	→	Done by any of the following:	→ For the Purpose Of:
<p>Knowingly...</p> <p>Recruits</p> <p>or</p> <p>Entices</p> <p>or</p> <p>Provides</p> <p>or</p> <p>Obtains</p> <p>or</p> <p>Harbors</p> <p>or</p> <p>Transports</p> <p>or</p> <p>Patronize</p> <p>or</p> <p>Solicits</p> <p>...any child</p> <p>--OR--</p> <p>Knowingly attempts to do so</p>		<p>Causing or threatening to cause bodily harm to any individual</p> <p>or</p> <p>Causing or threatening to cause financial harm to any individual</p> <p>or</p> <p>Restraining or threatening to restrain any individual</p> <p>or</p> <p>Violating or threatening to restrain any individual</p> <p>or</p> <p>Destroying, concealing, removing, confiscating, or possessing, or threatening to destroy, conceal, remove, confiscate, or possess any actual or purported passport or any other actual or purported official identification document of any individual</p> <p>or</p> <p>Extortion</p> <p>or</p> <p>Fraud or deception</p> <p>or</p> <p>Debt bondage</p> <p>or</p> <p>Controlling any individual’s access to an addictive controlled substance</p> <p>or</p> <p>Using any scheme, pattern, or other means to directly or indirectly, coerce, threaten, or intimidate any individual</p> <p>or</p> <p>Using or threatening to use force or violence on any individual</p> <p>or</p> <p>Causing or threatening to cause any individual to do any act against the individual’s will or without the individual’s consent</p>	<p>Labor</p> <p>or</p> <p>Services</p> <p>or</p> <p>A commercial sex act</p>



THE RELATIONSHIP SPECTRUM

All relationships exist on a spectrum from healthy to abusive, with unhealthy somewhere in the middle.

Healthy relationships are based on equality and respect.

RESPECT

GOOD COMMUNICATION

TRUST

HONESTY

EQUALITY

You make decisions together and can openly discuss whatever you're dealing with, like relationship problems and sexual choices. You enjoy spending time together but can be happy apart.

Unhealthy relationships are based on attempts to control the other person.

BREAKS IN COMMUNICATION

PRESSURE

DISHONESTY

STRUGGLES FOR CONTROL

INCONSIDERATE BEHAVIOR

One person tries to make most of the decisions. He or she may pressure their partner to have sex or refuse to see how their actions can hurt. In an unhealthy relationship, you feel like you should only spend time with your partner.

Abusive relationships are based on an imbalance of power and

ACCUSATIONS

BLAME SHIFTING

ISOLATION PRESSURE

MANIPULATION

One person is making all of the decisions-about sexual choices, friend groups, boundaries, even what's true and what's not true. You spend all of your time together and feel like you can't talk to other people, especially about what's really happening in your relationship.

HAVEN'S WISH LIST

Contact HAVEN at 715-536-1300

Donations can be dropped off at HAVEN,
1106 E 8th St, Merrill, WI 54452,
during business hours, Monday - Friday
8:00AM - 4:30 PM.

Thank you!

- ♥ Batteries (AA,AAA)
- ♥ Cascade liquid dishwasher detergent
- ♥ Oven cleaner
- ♥ Hair brushes
- ♥ Shaving cream
- ♥ Pillows
- ♥ Toilet bowl cleaner, toilet bowl brushes, and holders
- ♥ Trac phones & minutes
- ♥ Merrill- Go -Round bus tokens and Merrill chamber gift certificates (\$25 increments for gas/ emergency needs
- ♥ Bottled water, disposable soup bowls, soda, and juice for support groups.
- ♥ Contact paper for shelter drawers (bedrooms and kitchen)
- ♥ Glad 13 gal trash bags, All purpose kitchen brush

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& Let's Get Connected



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<https://instagram.com/>

HAVEN can email you the newsletter.

If you are interested, please call

715-536-1300 or

childrensadv@haveninc.org



**Save Paper.
Save Trees.
Save the World.**

You can also find a PDF version of our
newsletter at

<http://www.haveninc.org/>

Click on NEWSLETTER

THANK YOU, DONORS

Our sincere thanks to the donors listed below, who made contributions and in-kind donations to HAVEN, Inc. For the year 2023. We have made every effort to acknowledge these gifts correctly. Please contact us and accept our apologies should any error or omission be discovered.

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Merrill Trinity Lutheran Church sponsored a HAVEN giving Tree. With the help from Dawn Teske gift tags were made and placed on the tree, the congregation members were encouraged to take a tag from the tree, purchase the gift and place the wrapped gift under the tree. On Sunday, December 17, Pastor Scott Gustafson, and the congregation gave glory to god for the donation of over 300 presents collected for 15 "HAVEN" families. Pastor Scott Gustafson, had the children bring the gifts up to the altar for prayer and a blessing. *"They were glad when it grew calm and (the lord) guided them to their desired haven."* (psalm 107:30). In thanksgiving to god for the ministry of the haven and the refuge of peace they bring to lives and families in turmoil and chaos. Every child should experience the miracle of God's love at Christmas. Thank you, Trinity!





Mike Hamann and Ray Schuster donated this lovely Christmas tree for our shelter residents.



HAVEN Inc.

1106 E 8th St, Merrill, WI 54452

Phone: 715-536-1300

Fax: 715-536-3816

Email:

executivedirector@haveninc.org

HAVEN Board of Directors

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Save checks

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I authorize HAVEN and the financial institution listed below to initiate entries to my checking/savings account for payment of my donation. This authority will remain in effect until I cancel it in writing. Make this deduction from:

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Weekly _____

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Date

Financial Institution

Account Number

Signature

Phone

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3210 E. Main Street
Merrill, WI 54452

Transit Routing Number-ABA: 075911742
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We rely on your generosity. If you would like to do a single donation, please send or drop off your check to HAVEN at 1106 E 8th St, Merrill WI 54452. -Thank you!

