



Navigating the Holidays

Do the holidays typically leave you worn out and exhausted? Now's the time to start reflecting on changes you can make as you enter this year's holiday season. The following tips are designed to help reduce your stress.

- ✓ **Consider your expectations.** The holidays don't have to look exactly like they have in previous years. As your life stage and circumstances change, you may need to ask yourself how doable it is to maintain standards you have set for yourself in the past. Find joy in little moments instead of striving for perfection.
- ✓ **Let go of things that weigh you down.** If holding onto certain traditions or commitments leaves you with nothing left in your tank, pick a few to let go of, simplify, or turn over to someone else. It may be time to forego or revamp activities where the outcome is just not worth the energy expended, or maybe they no longer align with what is important to you.
- ✓ **Consider your budget.** If you tend to overextend yourself financially, make this your year to rein in your expenses. Contact Kepro, your EAP, for a free financial consultation.
- ✓ **Maintain healthy habits.** Hydrate, prioritize sleep, reach for healthy foods, and keep moving. We've all heard this before but taking care of yourself will help keep the stress of the season at bay.

Going into the holidays with intention and following your plan can leave you feeling fulfilled instead of depleted. If you find that you're unhappy a lot of the time during the holidays, consider contacting your Employee Assistance Program.

T Mayo Clinic. *Stress, Depression and the Holidays: Tips for Coping*. <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress/art-20047544>. Accessed August 31, 2022.



Your Employee Assistance Program

Anytime, any day, you have free, confidential access to professional consultants and online resources to help you be your best. To access these services, call or log on to get started.

Toll-Free:
1.800.999.1077

Website:
www.EAPHelplink.com

Code:
EAPNOW