



HOLIDAY HEALTH

Be Your Best this Holiday Season

Make the holidays a time for enhancing your emotional and physical well-being by managing your stress, being financially savvy, and taking care of your health. Be your best this holiday season—don't let the holidays get the best of you.

Put Holiday Stress to Rest

Take care of your physical and mental health when you're feeling overwhelmed this holiday season. Make time for taking breaks and plan ahead to help you avoid some of the usual holidays stress.

Here are a few tips for managing stress during the holidays:

Get a jump start on get-togethers

Being well-prepared before holiday gatherings can strengthen your peace of mind. Set aside time to plan menus and gift ideas—you can even cook some dishes in advance. This helps prevent the scramble to do it all last minute.

Take a break

Find time to break free from the holiday hubbub and spend a few minutes relaxing between events to stay centered and balanced.

It's okay to say "No"

It's easy for the pressure to build up

when others try placing extra holiday responsibilities on you. Accepting everything they ask of you seems polite, but it can often leave you feeling resentful and overwhelmed. Your loved ones will understand if you can't participate every time.

Being relaxed and refreshed can make all the difference when it comes to having a happy and healthy holiday season. If you still feel stressed out after taking these steps, remember your EAP is here to help. Counselors are available day and night to help you work through your stress.

Sources: American Psychological Association.



Five Ways to Spend Less

Spend your money wisely to avoid the financial stress of the holiday season. Buying gifts, food, drinks, festive clothing, and decorations can get out of hand without proper planning.

Following these guidelines can help you rein in this year's holiday spending:

1. **Make a list and check it twice:** Buy what you need to buy; if it didn't make the list, you probably don't need it.
2. **Track your spending:** The more you know about how much you're spending, the less you'll continue to spend.



3. **Spread out your purchases:** Purchase gifts throughout the year and then save them until the holidays.
4. **Impressive gifts don't need to be expensive:** Thoughtful, homemade gifts can often trump pricey ones.
5. **Fight the temptation to splurge:** Impulse purchases make the difference between frugality and folly in your holiday finances.

Remember, as part of your EAP benefit you have access to free financial consultation. Whether you have questions about debt consolidation, making sound financial decisions, or just budgeting for the season, don't hesitate to reach out to the EAP any time, day or night.

Naughty or Nice to Your Body?

Healthy Holiday Eating, Exercising, and Sleeping

It can be easy to disregard your health during the holiday season. The key is to enjoy the holidays moderately without overindulging. Eating small, nutritious meals, sticking to your workout routine, and striving for more sleep can vastly improve your overall well-being.

Here are four ways of improving your holiday wellness:

Eat Mindfully, Not Mindlessly. Don't eat food just because it's there or to comfort your stress. Instead, pay attention to what you consume by reducing your portion size, eating only when you're hungry, and slowing down enough to recognize when you're satisfied.

Fit and Festive. You can be active every day while still spending time with the family. Start with a 15-minute walk and build up to longer or more intense activities. Consistency is crucial, but don't worry about a slip—just start again.

Get Some Shut-eye. The holidays are a busy time of year, but don't let the chaos keep you up all night. Sleeping at least seven or eight hours each night helps you feel rested and more alert during the day so you can be engaged and productive.

Ultimately, taking the time to take care of yourself may be the best gift you can receive this year.

Sources: American Psychological Association, American Heart Association, Substance Abuse and Mental Health Services Administration, National Heart, Lung, and Blood Institute.

Employee Assistance Program
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