

How to Thrive this Holiday Season



Objectives

Identify why the holidays are more stressful than other times of the year

Explain coping skills and boundary setting

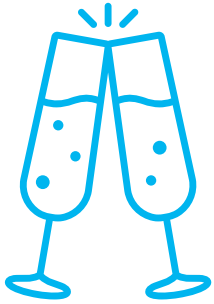
List additional resources

Common Holiday Stressors



Sadness/depression

Family travel during COVID-19



Financial

Excessive eating/drinking



Family/relationships

Overcommitment

Sadness/Depression

Acknowledge your feelings

Be realistic/set limits

Celebrate your loved one

Take a timeout

Stay active and keep a schedule

Reach out/seek help



Family Travel During COVID-19

Adjust your attitude

Have realistic expectations

Pack and keep essentials close

Traveling safely

Handling last minute changes

Reward positive behavior



Financial

Set your budget

Know your limit

Plan ahead

Get creative



Excessive Eating/Drinking



Plan time for
exercise



Practice mindful
eating



Use caution with
beverages

Family/Relationships

Have realistic expectations

Determine your boundaries

Accept others

Proactively tackle “unfinished business”



Overcommitment



Set your priorities



Learn to say no!



Remember the fun!

Your Employee Assistance Program

Call toll-free or visit us on the web

24 hours a day/7 days a week

Thank you!

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