

EMPLOYEE ASSISTANCE PROGRAM

DO YOU KNOW HOW TO MANAGE YOUR EMOTIONS DURING THE HOLIDAYS?

As we navigate a second holiday season during a pandemic, we are faced with grief, loss, and continuous change that may impact and cause confusion around how we celebrate the holidays.

Here are some tips for dealing with the holidays:

- **Talk to your friends and family**—If you are sad or struggling around the holidays, be honest about it. It helps others understand what you're going through. Open communication will also help you understand and honor your loved one's feelings and preferences.
- **Take care of yourself**—Prioritize what you know works best for your mental health and be open to new self-care strategies. Be sure to get enough rest, stick to your exercise plan, and eat healthy foods to balance out holiday activities.
- **Stay merry and bright**—Humor helps lighten the mood and put things in perspective. Sharing a laugh helps us connect and put aside our differences.
- **Find joy on your terms**—Do what matters most to you. Set realistic expectations and limits for yourself and others, and don't be afraid to say "no" when something is outside the boundaries you set.
- **Get money off your mind**—Money problems are a leading cause of holiday depression. Focus on the spirit of the season.

If holiday stress and anxiety start to have a negative impact on your quality of life, help is available.



**EAP is here to provide you with compassionate and caring support.
Go online to eap.calhr.ca.gov or call 1-866-327-4762 to get started.**