

EMPLOYEE ASSISTANCE PROGRAM

LEARN HOW TO REDUCE STRESS DURING THE HOLIDAY SEASON

While the holidays can be a joyful time, giving you a chance to reconnect with friends and family, they can also cause stress.

Follow these tips to manage stress:

Make lists and share tasks. Keep track of tasks to get done and events to attend. Sharing your "to do" list with others is a great way to complete decorating, gift wrapping, and food prep while spending time with friends and family.

Get support if you need it. Holidays can sometimes trigger depression. Talk with your doctor about counseling or medicine to help you feel better.

Know your spending limit. Set a budget and don't spend more than you've planned. You can show love and caring with any gift that is meaningful and personal. It doesn't have to cost a lot.

Keep a routine sleep, meal and exercise schedule. Limit your alcohol. Taking care of yourself will help you deal with stressful conditions during the holidays.

**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.**

