

EMPLOYEE ASSISTANCE PROGRAM

HEALTHY HOLIDAY BOUNDARIES, THE BEST GIFT YOU CAN GIVE YOURSELF

Holidays can be a happy time; however, seasonal stress caused by the holidays can affect us all. Preparing yourself to cope with holiday stress requires being realistic about your expectations. One way to reduce stress so you can better enjoy the holidays is to set healthy boundaries. A boundary is a limit or rule you put in place to protect your mental health and wellbeing.

How to develop healthy boundaries

- Do not prioritize other people's comfort over your own. It is acceptable to ask people to acknowledge your feelings and needs.
- Be honest. It's the most truthful and authentic way to interact with others.
- Remember you can only control how you respond to things but not how other people react. Some people may be troubled by your words—their reaction is their responsibility and not yours to take on.
- Prepare for scenarios that require thoughtful responses, such as hosting or attending events, questions about your relationships, political discussions, etc.
- Empower yourself and your choices. It is okay to arrive late, leave early, skip an event or drive your own car.

Setting and maintaining boundaries takes practice and patience. You may need to explain your position a few times with certain people. If someone repeatedly violates your boundaries, you have the option to limit your interactions or reduce contact with that person if you find it necessary. Choosing how to deal with people who do not respect the boundaries you set creates space for activities that bring you joy.



Sources: [CallMeBetty](#), [Tiny Buddha](#)