

Six Tips for Managing Holiday Stress

The holiday season is thought to be the happiest time of the year. Yet so many of us feel more stress around this time. Try the following tips to fill your holidays – and the rest of the year – with less stress and more joy.

- 1. Let it go.** We all need to take responsibility for our actions and do our best to make the right choices. Sometimes, though, life happens. Remember that sometimes all you can control is your own reaction.
- 2. Keep your sense of humor.** Humor helps us look at stressful situations in a more positive way. Besides, it's just more fun to laugh than to complain.
- 3. Take care of yourself.** In the midst of a busy schedule, healthy habits often seem like too much trouble. You know, though, that you'll enjoy your holidays more if you eat right and keep up your exercise routine. Balance holiday treats with plenty of fresh fruits and vegetables, and make time for walks with friends or workouts at the gym. You need downtime more than ever, so let yourself hide away with a great book or just take a nap.
- 4. Look for ways to help others.** Helping others can make you feel better than focusing on your own worries. Besides, the friendships you nurture will support you through your own good and bad times.
- 5. Remember the importance of family.** The most important people in your life deserve your attention more than anything else.

Share your family traditions with your kids, and start some new ones with parents and grandparents. This is also a great time to move past old grudges and conflicts.

- 6. Practice gratitude.** Gratitude makes us feel better about our lives, our relationships and ourselves. Try spending a few minutes before bed, or with your family at dinner, taking stock of the day's kindnesses and unexpected pleasures. Or, just make it a habit to say thank you for those good deeds that make you smile.

If you need more tips on beating holiday stress, visit your Employee Assistance Program (EAP) member website for articles, self-help programs and more on stress management. Remember, your EAP is here around the clock to connect you to a licensed professional if you need more support.

A special note

for parents:

Help your children focus on what's truly important about the season. Model the values of humor, generosity and gratitude, and you'll help your kids truly enjoy the holidays.

Need help?

Call toll-free, 24 hours a day,
seven days a week:

1-866-EAP-4SOC | 1-866-327-4762

TTY users should call 1-800-327-0801.

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