

Employee Assistance Program



Plan for a stress-free holiday season

The winter holidays include many welcome aspects of life: fun with family and friends, spiritual celebration, bountiful food and drink, and plenty of warm feelings. However, a busy holiday season can also bring lots of stress if you don't have a plan for managing it.

It's easy to get stretched thin at this festive time of year. Cooking, cleaning, shopping, children's school events, office parties, family gatherings, and travel can combine to make the holidays a fairly frenetic period.

One of the keys to enjoying a more relaxing holiday season is to have a plan for the situations that often bring you stress. Here are some quick and easy tips for beating holiday stress.

- Do most of your shopping online in order to minimize the stress of crowds and parking lots.
- Schedule some of your favorite "me" time over the holidays. See a movie, read a book, or just set aside some quiet meditative time to thoroughly slow down.
- Take outdoor breaks: stargaze for a few minutes or take a long walk in the brisk air.
- If your holiday stress gets to be too much, contact your Employee Assistance Program (EAP) at any time for confidential, no-cost counseling and resources.



Employee Assistance Program
1-866-EAP-4SOC (1-866-327-4762)
TTY users should call 1-800-424-6117
Visit us online: www.eap.calhr.ca.gov

Finding balance

The holidays often throw us off kilter because we get so far outside of our usual routines of eating, drinking, and socializing. Here are some strategies that can help you stay in balance.

- **Don't be afraid to say no.** Your holiday schedule can quickly become packed if you agree to attend every event—and be everywhere for everyone.
- **Ask for help.** Friends and family members are often quite willing to help you with holiday tasks. Provide specific guidance on what you need them to do.
- **Plan for moderation in eating and drinking.** Eat a healthy snack before holiday parties, alternate drinks of water with other beverages, and take a walk after big meals.
- **Maintain a regular schedule.** Don't skimp on sleep, and try to leave parties early rather than later.
- **Keep up with exercise.** If you have a workout plan (always a good idea!), stay with it faithfully over the holidays.



Log on to www.eap.calhr.ca.gov today!

S-570E-SoC (11/15) ©2015 Magellan Health, Inc.

Magellan
HEALTHCARESM