Here Come the Holidays:
Stress Less This Season

We understand how easy it is to feel not so wonderful at this most wonderful time of the year. Your EAP is here to help you dodge the seasonal blues and stay healthy and energized.

Ask people what they treasure most about the holiday season and you’ll usually hear “a chance to spend time with friends and family.” Funny how what we wish for can sometimes turn out to be stressful too. Getting everyone to agree on how to celebrate, where to gather and which traditions to include requires some planning and good communication to pull off. Ask people what stresses them out most about the holidays and you’ll hear “having too much on my calendar, losing my healthy routines and spending too much.” And for many, the holidays may be particularly difficult if there has been a significant loss. Grieving during a season when others are celebrating can contribute to feelings of loneliness and depression.

Your EAP can help you identify stressors and find solutions to combat them this holiday season.

The holiday season is long, reach out to your EAP for suggestions and tips for maximizing enjoyment while avoiding the stress traps along the way. Visit EAP4YOU.com or give us a call. We are here and want to help you and your family have a healthy holiday season.

Wishing you and your family a stress-free holiday season!