



a guide to

Self-Compassion

this season

Why the Holidays Can Feel So Heavy

The holiday season brings more than just festive cheer – it can also bring:

- Longer shifts and heavier workloads
- Increased customer demands and emotional labor
- Financial strain, family expectations, and personal grief
- Pressure to appear cheerful when you may feel overwhelmed, exhausted, or even sad

The Role of Self-Compassion

Self-compassion is not self-pity. It's the simple practice of offering yourself the same kindness and care you would offer a good friend who's struggling. During the holidays, that might mean:

- Acknowledging your limits without guilt
- Allowing difficult feelings to surface without trying to “push through”
- Treating yourself gently when you're tired, irritable, or not at your best

Compassionate Reminders for the Holiday Rush

- You don't have to “push through” every emotion – feelings are not weaknesses.
- You can say “no” to extra demands without guilt.
- You can take a moment to regroup without apologizing.
- You are not required to make the season perfect for everyone else.

Your EAP is here to support you through the season. If you're feeling overwhelmed, don't hesitate to reach out. Help is free, private, and available 24/7.