



The holiday season can bring an avalanche of packages and increased customer demands, making the work environment particularly intense. Here's a practical guide with strategies designed to help USPS employees manage stress and maintain balance during this busy time:

Take Stress-Busting Breaks: During long shifts, take short, intentional breaks to decompress. A 1-2 minute pause for deep breathing or a quick walk around the break room can help clear your mind and reduce stress. Don't underestimate the benefit of stepping away for short breaks to refresh and recharge.

Manage Tasks Effectively: Keep track of tasks and deadlines. Identify the most important tasks and schedule them effectively. A simple checklist can help prioritize your daily responsibilities and manage the high workload.

Collaborate: Work closely with colleagues. Communicate openly about your workload to handle peak times more effectively. Teamwork can make the holiday rush more manageable. Don't try to do everything yourself.

Set Realistic Expectations: You don't have to do everything to make the season meaningful. Focus on what matters most to you and your loved ones, and be willing to simplify plans, traditions and commitments.

Stay Flexible and Adaptable: Expect and be prepared for changes in your routine and workload. Flexibility is key in adapting to shifts in volume or procedures. Keep a positive attitude and adjust your approach as needed. If you are able to maintain a positive mindset, you will more likely enjoy festive atmospheres.

Communicate Your Needs: Be open with family and friends about your plans, limits and needs. Saying no, asking for help or making time for yourself can help keep the holiday rush from becoming overwhelming.

Pause and Reflect: At the end of each day, take a moment to reflect on what went well and what could be improved. This can help identify effective strategies and areas for adjustment, making future days smoother.

Hang in there! To learn more about managing stress during the holiday rush, reach out to the EAP. We are here to help you have a happier, healthier season!