



Here Come the Holidays

Put a Silent Night on the Calendar

Sometimes the best holiday plan is no plan at all.

The holidays can fill your calendar quickly. Between work, errands, gatherings and everything else competing for your attention, downtime can disappear before you realize it. **This season, try scheduling something different: nothing.**

Protect some open space. Choose an evening, afternoon or even an hour when you won't add another commitment. Treat that time as something worth protecting.

Do what helps you recharge. There's no right way to spend your downtime. Rest, take a walk, watch a favorite movie, listen to music or simply enjoy a little quiet.

Resist the urge to fill the space. An opening in your calendar doesn't have to become another errand, chore or obligation. Leave some room to slow down.

Make it work for you. A whole evening may not be realistic, especially during a busy season. Even a few minutes of intentional downtime can give you a chance to pause and reset.

Let go of guilt. Rest isn't something you have to earn. Make time to recharge and take care of yourself.

Give yourself some breathing room. Put a "silent night" on your calendar. A little unscheduled time may be just what you need to slow down, recharge and make the season feel more manageable.

Feeling stretched too thin this season? Your EAP can help you manage stress, set priorities and make more room to recharge. Visit [EAP4YOU.com](https://www.eap4you.com) or call the EAP.