



Stay Grounded This Season

To Maintain Your Well-Being

Staying grounded during the holiday season can be a challenge, as it's often a time of increased stress, social obligations, and materialism. However, as a USPS employee, it's essential to maintain your well-being and a sense of balance during this time. Staying grounded during the busiest time of year for the Postal Service is all about being mindful of your own needs, values, and priorities. By focusing on what truly matters to you and practicing self-care, you can make the holidays a more enjoyable time.

The following are tips that may help you stay grounded and maintain your well-being:

Set Priorities: Determine what's most important. Clarifying priorities will help you make mindful decisions.

Create a Realistic Budget: Financial stress is common during holidays. Establish a budget and stick to it.

Practice Mindfulness: Take time to focus on your breath, your surroundings, and the people you're with.

Be Active: Engage in physical activities you enjoy. Exercise is a great mood booster and stress reliever.

Limit Social Media: Social media can contribute to feelings of inadequacy. Consider taking a break.

Set Realistic Expectations: Manage your expectations. Accept imperfections and focus on what's positive.

Practice Gratitude: Reflect on the things you're grateful for to maintain a positive outlook.

Give Back: Acts of kindness may provide a sense of purpose and connection.

Prioritize Self-Care: Get enough sleep, eat healthily, and try to manage stress.

Maintain Boundaries: Set clear boundaries with friends and family members to avoid unnecessary stress.

Practice Relaxation Techniques: Consider techniques like deep breathing or meditation to reduce anxiety.

Connect with Loved Ones: Use the holiday season as an opportunity to strengthen your relationships.

Plan Ahead: Take some time to plan for the year ahead. Goals can help you maintain a sense of purpose.

For support in establishing a plan to stay grounded this holiday season, reach out to the EAP.