



the importance of

Self-Compassion

this season

The holiday season is one of the busiest times of the year, personally and professionally. With so much going on, it's easy to forget to extend the same care to ourselves that we offer to others. Self-compassion is about treating yourself with kindness, patience, and understanding—especially during busy times.

Why Self-Compassion Matters — Especially Now

Practicing self-compassion during the holidays can make a real difference in how you feel and function:

- **Supports Calm Under Pressure:** Self-compassion helps you manage stress and pressure without slipping into harsh self-criticism. It allows for steadiness, even when things don't go as planned.
- **Builds Emotional Strength:** Being kind to yourself boosts resilience. It helps you recover from tough days and stay grounded amid chaos.
- **Strengthens Relationships:** When you're gentle with yourself, it's easier to be patient, kind, and present with others—whether it's coworkers, customers, family, or friends.
- **Encourages Work-Life Balance:** Self-compassion reminds you that it's okay to take a break, say no when needed, and prioritize rest. You can't pour from an empty cup.

Benefits of Self-Compassion

When you intentionally practice self-compassion, you may start to experience:

- **More energy and presence** to enjoy holiday moments with friends, family, or simply by yourself
- **Increased patience and understanding**, both with yourself and those around you
- **A more positive outlook**, even during high-stress days
- **Improved mood and overall well-being**, which supports your physical and emotional health

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.