



tips for practicing

Self-Compassion

this season

The holiday season is a time of giving, but it's also a time when stress can run high—especially for Postal employees. While you're focused on delivering for others, don't forget to care for yourself. Small acts of self-compassion can help you stay grounded, reduce stress, and truly enjoy the moments that matter most.

Tips for Practicing Self-Compassion

- **Speak Kindly to Yourself:** Notice your inner voice. If it's harsh or critical, try shifting to a more supportive tone. Instead of saying, "I should be doing more," try: "I'm doing my best right now—and that's enough."
- **Focus on Progress, Not Perfection:** Mistakes and challenges are part of growth. Celebrate your efforts, not just outcomes. Aim for progress—not perfection.
- **Practice Gratitude Toward Yourself:** We often thank others but forget to acknowledge ourselves. Take a moment to recognize and appreciate what you're doing well.

Simple Self-Care Habits

- **Stay Nourished:** Busy days can make it easy to skip meals or grab whatever's quick. Make time for foods that help fuel your energy and focus.
- **Connect Meaningfully:** You don't need hours to feel supported. A short call, message, or smile from someone who lifts you up can make a big difference.
- **Breathe & Reset:** Stress builds—but so can calm. Try a simple breathing technique anytime you need to reset—inhale for 4 seconds, hold for 4, exhale for 6. Repeat 3–5 times to lower tension and refocus.

Being compassionate with yourself isn't selfish — it's necessary. When you take care of your mental and emotional well-being, you're better equipped to take care of everything (and 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.