



'Tis the Season for Holiday Wellness

Simple ways to care for yourself while enjoying the season.

The holidays can bring connection, celebration and plenty to do. With extra demands on your time, energy and budget, it's easy for your own well-being to slip down the list. A few intentional choices can help you manage stress and make more room for what matters most.

Plan ahead. Look at what's coming and tackle tasks a little at a time. Planning ahead can help you manage your schedule, spending and expectations.

Share the load. You don't have to do everything yourself. Ask family members or others to help with meals, errands, decorating and other holiday responsibilities.

Stay connected. Make time for the people who support and energize you. A phone call, conversation or simple check-in can be just as meaningful as a big gathering.

Protect your time and energy. You don't have to say yes to every invitation or commitment. Set boundaries and give yourself permission to step back when your schedule becomes too full.

Make room for rest. Busy days and late nights can take a toll. Prioritize sleep, take breaks and build some downtime into your schedule.

Enjoy without judgment. Holiday foods and traditions are part of the season. Give yourself permission to enjoy them while also making choices that help you feel your best.

Find moments of joy. Notice what makes you smile, laugh or feel connected. Even small moments can provide a welcome pause during a busy day.

Be kind to yourself. The holidays don't have to be perfect to be meaningful. Let go of unrealistic expectations and focus on what feels manageable and important to you.

The holidays can bring stress, changing routines and unexpected challenges. Your EAP is here to provide support, resources and strategies to help you care for your well-being this season.