



Warm Winter Wishes

for a Healthy Holiday

The holiday season can be busy, with shopping, gatherings, traditions and other responsibilities competing for your time and attention. Amid it all, it's easy to put your own needs aside. Taking care of yourself can help you manage stress and support your mental and emotional well-being throughout the season.

Check in with yourself. Take time to notice how you're feeling and what you need. Make room for rest, connection and activities that support your well-being.

Practice gratitude. Take a moment to appreciate the people, experiences and small everyday things that bring meaning or joy to your life.

Be intentional. Consider what matters most to you this holiday season and let those priorities guide your time and energy. Give yourself permission to simplify or let go of things that add unnecessary stress.

Practice self-compassion. Treat yourself with the same patience and kindness you would offer someone you care about. Set boundaries, avoid comparing yourself with others and remember that you don't have to do everything perfectly.

Manage stress. Make time for activities that help you recharge. Movement, mindfulness, time outdoors, adequate rest or simply taking a break can help you manage holiday stress.

Navigate difficult conversations. If a conversation becomes tense or unproductive, pause and consider whether to continue. Listen respectfully, accept that you may not agree and give yourself permission to step away when needed.

Remember, you're not alone. Your EAP is here to support you with resources and strategies to help you manage stress and navigate holiday challenges. Reach out when you need support.