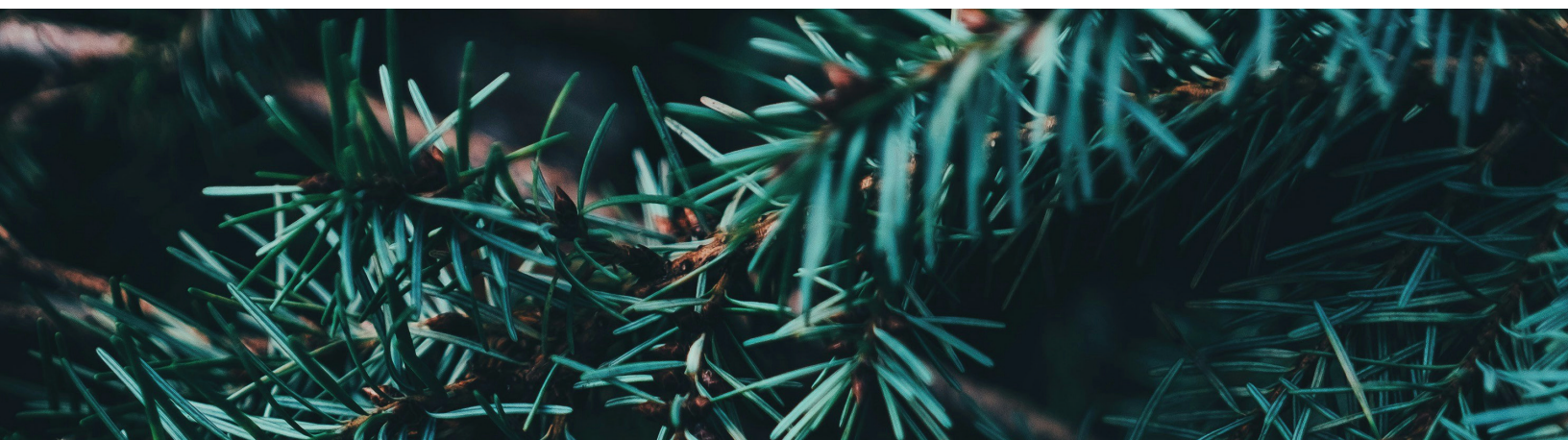




Wishing You **Less Stress** this Holiday Season

Stress—especially holiday stress—can come from many different sources. Often, we spend time worrying about things in which we have no control over. Learning to determine what is within our circle of control and what is not can make a big difference in how we manage stress.

Common Things **Outside of Our Control:**

- How other people treat us
- Other people's actions, feelings, and thoughts
- The passing of time
- The past and the future
- Natural disasters

Things **Within Our Control:**

- Personal responses to emotions, feelings, thoughts, and memories
- How we treat others
- Our own actions and behaviors
- How we spend our time

During the holiday season, we often find ourselves pulled in many directions, facing difficult decisions. By letting go of our struggle against what is outside of our control, we can free ourselves to focus on other areas. Placing emphasis on what we have direct control over can help us take committed action aimed at reducing stress. Focusing on what we *do* have the power to change allows us to feel more empowered and less frustrated by what we cannot control.

Using the diagram to the right, take a moment to consider what in your life may be outside of your control and what is within your control to change. Being able to identify where your stressor falls may help you to decide if you can let it go.

Your EAP can help you identify what's within your control and find ways to manage stress. For more information, contact the EAP or visit [EAP4YOU.com](https://www.eap4you.com).

