

Your Guide to a More Manageable Holiday



Simple ways to care for yourself and make room for what matters most.

The holidays can bring connection, celebration and meaningful traditions, but they can also add demands to already busy days. For postal employees, this season can be an especially demanding time of year. Taking care of yourself along the way matters. Here are a few ways to make the season more manageable:

Keep expectations realistic. The holidays don't have to be perfect to be meaningful. Focus on what matters most and give yourself permission to simplify the rest.

Protect your budget. Decide what you're comfortable spending and plan accordingly. Remember, meaningful celebrations and gifts don't have to come with a big price tag.

Protect your time, too. Before adding another commitment, consider whether you realistically have the time and energy for it. It's OK to say no or adjust your plans.

Share the load. Ask for help with meals, shopping, errands, decorating or other responsibilities. You don't have to do everything yourself.

Make time to recharge. Prioritize rest and look for small opportunities to pause during busy days. Even a few quiet minutes can give you a chance to reset.

Stay connected. Spend time with people who support you. If someone is on your mind, reach out with a call, text or simple check-in.

Make traditions work for you. Keep the traditions that bring meaning or joy, change the ones that no longer fit and create new ones when it feels right.

Recognize all you're doing. The holiday season can be especially busy for postal employees. Give yourself credit for the effort, flexibility and resilience it takes to meet the demands of the season.

Know when you need support. Pay attention when stress starts to feel overwhelming or begins affecting your sleep, relationships or everyday life. Reaching out for help is another way of taking care of yourself.

Don't navigate holiday stress alone. Your EAP is here to provide support when you need it.