



'Tis the season

for Holiday Wellness

- **Plan ahead.** Much of our holiday stress stems from trying to do too many things. It helps to plan ahead. We can avoid lines and crowds and not stress our budgets if we space out the shopping over 12 months instead of one.
- **Get assistance.** The more the merrier! Children can even pitch in with cleaning, decorating and making homemade gifts.
- **Answer every letter.** Staying in touch with friends and family all year will pay off when we actually get together during the holidays. Sharing news and being connected contributes to the quality of our gatherings.
- **Lend an ear or give a hug.** Everyone enjoys that special moment when someone is genuinely concerned about them. Be available to someone without needing to rush off to do something else.
- **Laugh often.** Laughter is an instant stress reducer. Keep that in mind throughout the busy holiday season.
- **Don't eat cookies at every stop.** We face the temptation of overindulging with special foods during the holiday season. Think about how to indulge without over-doing it. Balance the cookies with healthy snacks.
- **Be positive.** With every interaction, we have choices. Our well-being improves when we participate in positive interactions. Say something nice to everyone you meet. You'll feel better and they will too!
- **Take a long winter's nap.** Hectic holidays can leave us short on sleep and energy. Do yourself a favor and schedule some time to rest and rejuvenate now and then.

Call your EAP for support and assistance in having a happy holiday!



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