

2012 Holiday Tips

Holiday Expectations

Holidays bring high expectations. The images of perfect holiday gifts, perfect family get-togethers, and perfect meals can make you feel that everything must be PERFECT. Trying to meet these grand expectations of holiday perfection can often lead to stress, overspending, anxiety attacks and even depression.

Before you get too *wrapped* up in holiday planning, take a moment to evaluate what the holiday season means to you. Set realistic expectations and goals you can achieve with minimal stress. Consider having a fixed budget, developing a reasonable schedule, and prioritizing what is truly important. Make it a holiday that is perfect for you.

Holiday Tips to Avoid Stress

***Avoid Hectic Schedules** - Get enough rest. Sit down with family and discuss your calendar. Find ways to cut corners such as buying treats within budget instead of baking items yourself.

***Avoid Family Differences** - Heal past hurts through forgiveness or "letting go." Share fun stories of family members now gone. Build an oral history to pass down with love and appreciation.

***Avoid Excesses** - Eat and drink within moderation. Choose healthy, high protein options. Keep your blood sugar stable to avoid mood swings.

***Help Those Less Fortunate** - Visit a nursing home or help a less fortunate family. Volunteer at a shelter or soup kitchen. Make a gratitude list. Include challenges that may have built new strengths.



***Regroup and Revitalize** - Set aside time for your favorite holiday story or movie. Create your own holiday environment, one with new traditions that will sustain, nurture and calm you. Turn on lots of lights to fight the shorter days that may prompt the blues.

Making New Year's Resolutions



Resolutions can be tough.
Some are tougher than others.
Some may seem so tough they seem hopeless.
That is where the EAP comes in.

The EAP provides services to help employees overcome their problems whether they are work or home related. All service provided by the EAP are **confidential** and **free of charge**.

No problem is too big to bring to the EAP and you don't have to wait until you hit rock bottom to receive help today.

For more information, please call us at 1-877-313-4455 (toll free) or visit www.hr.wa.gov/EAP

RESOURCES

[EAP Useful Links](#) provides helpful web-sites to a variety of resources including:

Career Goals

Financial

Mental Health

Addictions

Support Groups

....and much more

At the Employee Assistance Program, we are in the business of hope.