



HEALTH RESOURCES EAP Presents: Ways To Begin The New Year Successfully Remembering Self-Care During The Holidays

While the holiday season can be filled with good times, balancing the duties of family, work and caregiving can be stressful, and can ultimately end up making the “season to be jolly” difficult to deal with. If you are the type of person who typically overextends themselves during the holidays, choose to make this year different by slowing down and taking better care of yourself. What you do now will have a positive impact on your new year!

Is your stress level in check?

An important fact to keep in mind this holiday season is that unchecked stress can cause physical and emotional problems. It has been reported that over 75% of all visits to physicians these days are related to stress, and an estimated 50% of all diseases have stress-related origins.

How do I know I’m experiencing stress?

Many times people suffer from high levels of holiday stress and do not know it because they can not remember a time when they didn’t feel the way they currently do. Ask yourself the following:

- Do you not enjoy the little things about the season you once cherished?
- Do you attempt to avoid seasonal get-togethers?
- Are you having problems lately thinking clearly?
- Have your eating or sleeping patterns changed?

Making Your Holiday More Pleasant

Try implementing some of the following tips to improve your holidays and positively impact your life year round:

- Ask someone else in your family to host and prepare a holiday meal.
- Take a little extra time to care for yourself - - eat right, get plenty of sleep, read a good book, watch a funny movie or get a massage.
- Exercise (as little as 20 minutes per day) will enhance your feeling of well-being.
- Make plans to spend time with people you enjoy
- Dismiss the expectation to be everything to everybody. Establish realistic expectations for yourself.
- Ask for help and companionship when you want it or need it.
- Use moderation in all things. Don’t agree to do more than you can.
- Purchase a special holiday gift for yourself, you’re worth it.
- Allow yourself to grieve if necessary during this time, many people remember losses over the holidays.
- If things aren’t going well at home, give yourself permission to run an errand or have some time to yourself. It will help you gain perspective.
- Limit the amount of television you watch, it can leave you feeling lethargic.

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Health Resources EAP is always available to help you or a household member when the stressors of life appear to be overwhelming. To speak with a counselor, please call **1.800.451.1834**, 24-hours a day, 7 days a week.