



# Employee NEWSLETTER

Employee Assistance Program  
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## Tips for Beating the Holiday Blues

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**If you're feeling a little conflicted about the upcoming holidays, you're not alone. Along with all the holly and the jolly comes a mixed bag of emotional issues for some – increased anxiety and stress, or a sense of loss and sadness, along with the feeling of isolation that occurs when everyone else seems to be having a great time.**

The good news is that this is a highly recognized problem, and there are several ways to make the holidays more bearable. Below are some tools to help you effectively work through this time of year, in case Santa brings you some holiday blues.

- **Keep your expectations balanced.** You won't get everything you want, things will go wrong, and everything won't be perfect. Keep this in perspective, and let go of what you can't control.
- **Don't try to do too much.** Fatigue, over scheduling, and taking on too many tasks can dampen your spirits. Learn to say no when necessary, even if it's to your uncle's famous potluck.
- **Don't overspend.** It's easy to feel like you have to buy everything for everyone, but those after season bills can really kill the holiday spirit.

- **Consider reaching out to help others.** Volunteering can help bring a purpose to a time that might otherwise feel purposeless.
- **Enjoy the sunshine!** Short days and bad weather can lead to increased feelings of depression, so do your best to counteract this effect by getting sunlight whenever possible.
- **Eat healthy and exercise when you can.** Taking care of your body and avoiding too many sweets can go a long way to helping your brain fight the blues.
- **Practice being okay with whatever it is you're feeling.** If you don't want to be happy, don't be happy; if you have lost loved ones at Christmas, give yourself space to mourn. Honoring what's inside can help you beat the expectations coming from the outside.
- **Don't be afraid to make your own traditions.** Give the season its own meaning, and give yourself something to look forward to next holiday season.
- **Consider the blessings you do have.** Taking stock of all of the positives in your life can go a long way toward ending a "bah humbug" mood. With a little bit of planning and forethought, the holidays can be wonderful—and not because they are supposed to be.