

## The C&FS EAP Holiday Self-Care Edition

### In this Newsletter

- **Self-Care during the Holidays**

#### Upcoming EAP Events

*(for additional event and registration information, see below)*

##### [EAP Benefits Orientation](#)

*Zoom Video*

*November 9, 2021 12:00pm-12:15pm*

##### [EAP Supervisory Training](#)

*Zoom Video*

*November 16, 2021 12:00pm-1:00pm*

##### [Working Through Conflict: Preparing for the Holidays](#)

*Zoom Video*

*November 23, 2021 12:00pm-12:30pm*

##### [Grief, Loss and the Holiday 2021: A conversation with Day Cummings](#)

*Zoom Video*

*December 9, 2021 12:00pm -1:00pm*

### Self-Care During the Holidays



This time of year can be full of celebration and fun activities. This time of year can also bring on feelings of being overwhelmed, depressed, and anxious about the future.

Many things about this time of year can cause us stress. What to wear? What food to cook? Who to invite over? Which gather to attend? This time of year can also remind us about losses we have experienced.

Tips for Remaining Resilient During the Holidays:

- Acknowledge your feelings - be honest about what you're experiencing
- Spend time with people who care about you
- Get organized - minimize distractions
- Share tasks - let people help you
- Be festive - celebrate in a way that makes you happy
- Laugh as much as possible
- Be realistic about what you can do and what to expect from others
- Stick to a budget
- Plan ahead
- Learn to say no when you are feeling overwhelmed
- Take a breather/mindful moment

If you are feeling increased stress, anxiety or depression related to the holidays, EAP can help.

**Click to Complete an EAP Online  
Intake Form**