Getting the Most Out of the Holiday Season

To make this holiday season more joyful and fulfilling, here are some healthy ways to deal with stress. One way is to try to have more realistic expectations about your holiday experiences. Unrealistic expectations (e.g., everyone needs to have the best experience) can have the potential to disappoint you. Also, it is alright to ask for help with holiday planning and activities, especially if you feel overwhelmed with all that needs to get done. In addition, to enjoy your holiday experiences and avoid additional stress when engaging in holiday activities with family and friends, try to enjoy the moment instead of getting distracted by past or future events. Finally, balancing healthy food options with the holiday treats, keeping up with exercise when possible, and trying to get adequate sleep can help you get the most out of the holiday season.

Remember that you can always contact the NYS Emotional Support Helpline at 1-844-863-9314 for a supportive conversation when things get too difficult for you.

For information and resources during the holiday season, contact your EAP coordinator at coordinator listing or call 1-800-822-0244.