

EAP CONNECTION

December 2021



**Employee
Assistance
Program**

CONFIDENTIAL assessment and referral services for NYS employees and their families at no cost

Contact your EAP Coordinator
or call 1-800-822-0244
goer.ny.gov/eap

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.

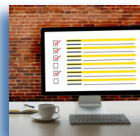


Remember that you can always contact the [NYS Emotional Support Helpline](http://www.nys-emotional-support-helpline.com) at 1-844-863-9314 for a supportive conversation when things get too difficult for you.

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



[WellNYS Everyday](http://goer.ny.gov/wellnys-everyday)
goer.ny.gov/wellnys-everyday



[Online Training and Webinars](http://www.achievesolutions.net/empireplan/resources)
www.achievesolutions.net/empireplan/resources



[Network Child Care Centers](http://goer.ny.gov/nys-network-child-care-centers)
goer.ny.gov/nys-network-child-care-centers



[NYProjectHope.org](http://www.nyprojecthope.org)
NYS Emotional Support Helpline
1-844-863-9314
8:00 a.m. - 10:00 p.m.
7 days a week



[Pre-Retirement Planning](http://goer.ny.gov/directions-pre-retirement-planning-information)
goer.ny.gov/directions-pre-retirement-planning-information



Work-Life Services (WLS) Programs are joint labor-management programs that benefit New York State employees by enhancing employee wellbeing, increasing productivity, and improving morale in the workplace. The WLS programs include the Employee Assistance Program, Network Child Care Centers, and DIRECTIONS: Pre-Retirement Planning. The WLS programs are funded through the collective bargaining agreements between the State of New York and the public employee unions: CSEA, PEF, UUP, NYSCOPBA, GSEU, Council 82, and DC-37. The Governor's Office of Employee Relations contributes on behalf of management/confidential employees.