



News you can use...from your EAP

Top holiday stressors

A survey by Mental Health America reveals the most common stressors during the holidays:

- 1. Finances are the most common source of holiday stress (40%).** Parents are more stressed than all other demographic groups by finances (51%), and females (45%) are more likely than men to feel stressed by finances.
- 2. 37 percent of Americans feel stressed by memories of a loved one who passed away.**
- 3. Having too much to do causes stress for 34% of people during the holidays.** Parents are more stressed than any other demographic group by too much to do (43%).

COPING WITH HOLIDAY STRESS

To help minimize financial stress

Set a budget and keep it...Not just for gift giving, but the top-dollar amount you can afford to spend for everything including gifts, big family dinners, wrapping paper, decorations, parties, etc.

To help minimize emotional stress

Acknowledge your feelings...If you've recently had a loss in the family, if you are separated from your children or loved ones, if you're suffering from a recent romantic break-up, realize that these can cause great feelings of loneliness and sadness. It is okay now and then to take time just to cry or express your feelings. If your feelings of stress or sadness are interfering with your relationships, family life or job performance, consider seeking the help of a mental health professional.

To help minimize physical stress

Keep holiday plans realistic...Simpler can be better and make for a happier and more relaxed holiday. Make a "To Do" list. Prioritize what has to be done. Delegate responsibility and/or divide holiday chores with other family members. Take care of yourself. Avoid overindulgence of holiday food, alcohol or caffeine. Be sure to get adequate sleep and rest and schedule some personal time to do things you enjoy.

Your EAP is here to help

If you want to obtain no cost counseling or other EAP services, please call **800-869-0276** or securely request services from the Member Access section of the EAP website:

www.eapconsultants.com