

Tips and tricks to manage holiday stress.

Take time for yourself:

It may seem like there's no time for anything, let alone room for "me time", but don't underestimate the value of a 20-minute break dedicated to you. Taking care of your needs will better enable you to lower stress levels and take care of others.

Eat well-balanced meals:

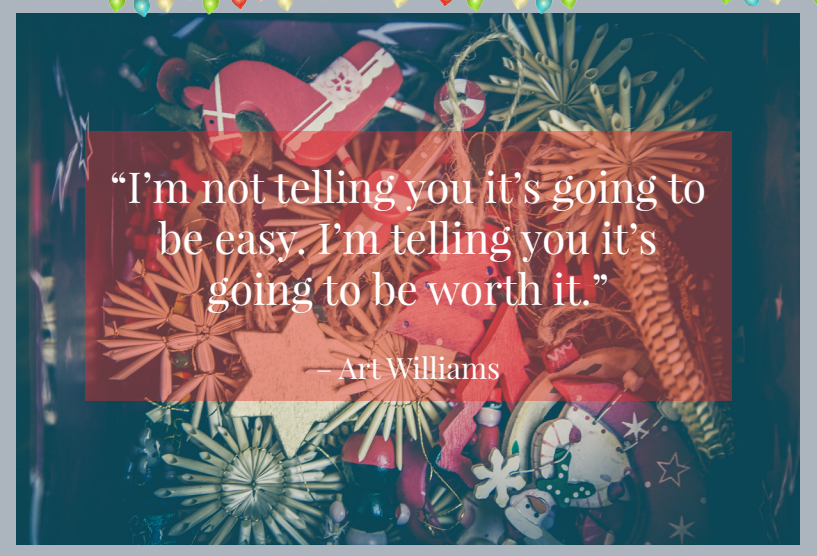
Be mindful of your meal choices, reducing the amount of caffeine and sugar in your diet to sustain energy and increase your chances of getting a good night's rest.

Stay on routine:

It's easy to let things, like your diet and exercise routines, slip during times of excessive busyness and stress. Staying on track with your regular routine, or at least as close to it as you possibly can, will help you stay organized and reduce tension.

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"I'm not telling you it's going to be easy. I'm telling you it's going to be worth it."

— Art Williams

Sleep. Eat. Move. Repeat.

A Mantra for managing holiday stress.

It's that crazy, wonderful, busy time of year again — the holiday season is upon us. Among the hustle and bustle, it's easy to lose yourself in the chaos and become overwhelmed and stressed out. Don't panic! By following these four steps you'll be in good shape to make it through the holidays relatively unscathed and ready to take on the New Year: Eat, sleep, move, and repeat. Sounds simple right?

Let's break it down:

Sleep. The more you get, the more energized you'll be mentally and physically, setting you up for success when stress tries to weigh you down.

Eat. The healthier your diet, the better you will feel – let yourself indulge at a holiday party or two, but make sure to stick to healthy options during your day-to-day routine.

Move. Stay in motion, even if you aren't able to make it to the gym. You can still squeeze in simple activities like taking a walk, using the stairs instead of the elevator, or pausing for a mid-afternoon stretch.

Repeat. Continue to follow each of these steps every day to support yourself through the holiday season, whether it means building new habits or sustaining established ones.

As long as you give it your best shot, you'll find yourself stressing less and enjoying more of the magic of the holiday season. Still struggling with stress during the most wonderful time of the year?

Give us a call today, and we will connect you with experienced professionals to help keep anxiety under wraps. As always, your Life Advisor EAP services are free and confidential.