

The Lexington Group Employee Assistance Program

NEWS YOU CAN USE

November 2012

Information and tips to help you live healthier and happier

Tips To Decrease Holiday Stress... And Increase Holiday Joy

Nearly half of all women in the U.S. experience heightened stress during the holidays and they are less likely to manage that stress in healthy ways, according to a national survey by the American Psychological Association. If you are prone to experiencing greater stress during the holiday season, consider the suggestions below to lessen holiday stress and increase your enjoyment of the season:



1. Develop realistic expectations about the holidays. It is easy to expect too much of the holidays. When we have expectations which are not met (regardless if they are realistic or not), we may feel disappointed, upset or worse. This contributes to holiday stress. Keep expectations for the holiday season manageable by not trying to make the holidays “perfect.” Think about what was stressful last year and how that could be different this year.

2. Do more of what you enjoy. Which parts of the holiday season do you want in your life? Which parts would you prefer to do without? Figure out what you want and plan for more of that part in your life.

3. Set boundaries and limits. Be realistic about what you actually have time for. Make a list and prioritize the most important activities. Always think before committing to any responsibility or social event. Learn to say “no” politely but firmly to keep your holiday time manageable.

4. Develop a holiday budget that is based on what you can afford. Remind yourself that it is possible for your family to have memorable holiday experiences without spending a great deal of money. Be sure to include all holiday spending in your budget, including big family dinners, wrapping paper, decorations, parties, etc. Stick to your budget.

5. Plan ahead for potential problems. Make a list of the problems that continually happen every year. Then, plan ahead how you are going to handle them. If your brother and brother-in-law have never gotten along and frequently argue at holiday gatherings, plan ahead how you will respond to this situation.

The Lexington Group EMPLOYEE ASSISTANCE PROGRAM

Caring and individualized help for personal and family concerns is only a phone call away.
For confidential services 24 hours every day, call us toll free at:

United States	1-800-676-HELP (4357)
Canada	1-800-567-4343
England	0-800-169-6706
Mexico	001-888-819-7162
Marshall Islands	1-800-676-4357
Puerto Rico	1-800-676-4357
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