



Making the Holidays Happy

CONCERN: EMPLOYEE ASSISTANCE PROGRAM

A Benefit for Employees and Families



CONCERN:EAP



CONCERN: EAP Services

- Work/Life Benefits
 - Parenting and Childcare Resources
 - Eldercare Services
 - Financial Counseling
 - Legal Consultations
- Short Term Counseling 1-8 visits per issue per 12-month period
- Free Confidential – 24/7 800 number answered “live”



Getting Started

- Call for an appointment 6:30 AM to 5:00 PM (Pacific Time) Monday through Friday
- In crisis situations, call 24/7 for immediate telephone support
- For more information
 - Ask your HR/Benefits Department
 - www.concern-eap.com
 - Call CONCERN at (800) 344-4222





Making the Holidays Happy

Agenda



- **Unique Challenges of the Holiday Season**
- **Symptoms of Stress**
- **Exercises**
- **Tips for Managing Stress**
- **Wrap up**



Unique Challenges



- **People**
- **Places**
- **Things**



Symptoms of Stress – Fight, Flight, or Freeze



- **Physical:** *fatigue; sore muscles; weight gain/loss; stomach pains.*
- **Mental:** *inability to focus; unrealistic expectations; resistance to change or new ideas.*
- **Emotional:** *anger; crying; depression; anxiety.*
- **Behavioral:** *changes in eating habits; increased alcohol or drug use.*

Holiday Coping Strategies



- **Make a list**
- **Stick to a normal routine**
- **Remember the “Four F’s”**
 - Food
 - Fun
 - Fitness
 - Forty Winks





Holiday Coping Strategies

- **Ask for help**
- **Just say “No”**
- **Plan ahead**
- **Postpone major life decisions**
- **Remember January**
- **Use your EAP**