

STRESS DURING THE HOLIDAYS



INOVA[®]

Employee Assistance

The approaching holidays mean different things for each of us, but the festivities can often be stressful. Reducing stress is very important especially during the holidays.

Having a financial plan can help reduce holiday stress by defining a budget and setting a spending limit.

Plan ahead. Get Organized by making a list to keep track of tasks and events.

Share tasks by sharing the list of “to do’s” with others. Spend more time with friends and family while sharing the responsibilities.

Maintain healthy habits. Make time to relax, eating healthy and short walks during the day.



If you are finding it hard to enjoy the holidays because of personal or financial stress, contact your Employee Assistance Program.

Your Employee Assistance Program can help you get back on track to enjoying the holiday season.

TOLL-FREE: 800-346-0110
TTY/TTD: 877-845-6465

