

NATIONAL (EAP) NEWS

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DECEMBER

TIS THE SEASON TO OVERCOME HOLIDAY ANXIETY

The holiday season is a time for celebrations, gift-giving, and reconnecting with loved ones. But the season can also bring added stress due to high expectations to have that perfect holiday and the complications of the pandemic. People who live on their own or live far from family may find this time of year especially difficult. Now more than ever, it is important to maintain mental strength and resiliency during the upcoming Holiday Season.

Review the tips below to help you navigate the holidays:

The Holidays Don't Have to be Perfect

- Be aware of social comparison
- Respect everyone's comfort levels
- Be willing to say "no" if you don't want to attend an event
- Be empathetic with others
- Plan ahead and set priorities
- Reach out for support
- Practice positivity
- Let go of things out of your control
- Incorporate wellness into your daily routine

Take Care of Yourself

- Understand what causes you stress and recognize your own feelings
- Be patient with yourself – it takes time to manage emotions effectively
- Participate in the activities that bring you joy

Feeling overwhelmed by the holidays? Speak to a National EAP Counselor today at 800-624-2593



"THRIVE" WITH NATIONAL EAP

UPCOMING WEBINARS:

1 Coping With Grief Around The Holidays

It's that wonderful time of year when family and friends come together to celebrate the holidays. However, for some, the holidays are a reminder of loved ones who are no longer with us, which causes feelings of grief and loss to resurface. If you are struggling to cope with grief, join us on **December 14th, at 12pm EST** to learn how grief impacts us individually and identify ways to take care of ourselves compassionately, and recognize the challenging emotions during this holiday season.

2 Performance Coaching: Managing Conflict

When we experience a mismatch of needs, values, or ideals, conflict can occur sometimes leading to discomfort. Being able to effectively manage conflict is a key skill necessary in both personal and professional environments. Join us on **December 16th, at 12pm EST** for a performance coaching session on how to improve your conflict resolution skills and effectively manage discord.

To register for either of these webinars, [click here](#)

We Are Always Here For You

Call or log on to get started.

TOLL-FREE: 1-800-624-2593

WEBSITE: www.nationaleap.com