



# DEALING WITH HOLIDAY STRESS & DEPRESSION

**DON'T ABANDON HEALTHY HABITS.** Don't let the holidays become a free-for-all. Over-indulgence only adds to your stress & guilt. **It's been said that the average person gains 5-10 pounds between Thanksgiving and Christmas—try not to be part of that statistic.**

- Try sticking to a routine to keep you focused & at ease as you continue to abide by CDC recommendations to prevent exposure to the COVID-19 virus.
- Get plenty of sleep! Sleep re-energizes your body & mind.
- Instead of reaching for dessert after dinner, incorporate regular physical activity—a digestive lap around the neighborhood to view holiday decorations is a great first step.



**TAKE A BREATH.** Make some time for yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Find something that reduces stress by clearing your mind, slowing your breathing & restoring inner calm. Focus on the things that bring you joy, however small.

## SEEK PROFESSIONAL HELP IF YOU NEED IT

Despite your best efforts, you may find yourself feeling persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable & hopeless, & unable to face routine chores. If these feelings last for a while, **call JOI's Employee Assistance Programs (EAP).**

Call **1-855-786-0274** United Workers Wellness benefit or **1-800-342-8111** for **Aetna**. Remember that this service is **FREE** for you & your family members living in your household and available 24/7.

## TEST YOUR KNOWLEDGE

- |   |      |       |
|---|------|-------|
| 1. Calling the Employee Assistance Program (EAP) costs money.   | True | False |
| 2. Over-indulging during the holidays tends to lower holiday stress and guilt.                            | True | False |
| 3. What we see on TV in movies and commercials is typical of how everyone enjoys and spends the holidays. | True | False |
| 4. Holidays are always stressful and there is absolutely nothing you can do to avoid the stress.          | True | False |

Name: \_\_\_\_\_

Date: \_\_\_\_\_