

One Source

Employee Assistance
Program

RWJBarnabas
HEALTH



The holidays may be overwhelming. Financial pressures and family dynamics can put a damper on the holiday season. You may have feelings of stress, irritability, anger or fatigue. Here are some things to keep in mind when anticipating the holiday season.

1. Examine your expectations for the holidays. Acknowledging that we have expectations (some of which may be unrealistic) is the first step.
2. Remember that family dynamics don't change just because it is the holidays. Don't take the bait!
3. Watch the alcohol consumption. Alcohol can worsen already tense or stressful situations.
4. Create time to do what you enjoy during the holidays. This might take the form of creating some new rituals or traditions for yourself and your loved ones.
5. Be realistic, plan ahead and simplify. Don't overextend yourself.
6. Practice moderation – get enough sleep, stay on a budget and don't overeat.
7. Don't be afraid to ask for help and delegate when possible.

If you have persistent feelings of sadness, anxiety, depression or excessive stress, call **RWJ**Barnabas Health One Source Employee Assistance Program for help.

Call today 1-800-300-0628 24/7, 365 days a year.