MANAGING HOLIDAY STRESS

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Holiday Group Therapy

I don't believe in myself.

I think I'm bi-polar.

All the other reindeer laugh and call me names.

I'm trapped in a dead-end job.
In Great Britain, “Holiday” means “vacation”...

...not necessarily the case here in the U.S.
Are your expectations for the holidays realistic?

On the sheet provided, please list what you expect from yourself and your family during the holidays.
Common expectations this time of year:

- Giving the perfect gifts
- Organizing family get-togethers
- Spending time with family & friends
- Trying not to gain too much weight
  - Avoiding the Holiday Blues
Giving the Perfect Gifts
• Ask people what they want, instead of searching for the perfect gift
• When you see something you think would be a good gift, get it (even if it’s months before)
• Stick to your budget
Organizing Family Get-Togethers
• Try not to cook everything from scratch: it’s okay to buy some foods already made
• Ask others to bring food
• Cook & freeze what you can ahead of time
Spending Time with Family & Friends
• Simplify traditions to make things easier
• Try to spend time with others after the holidays, to avoid cramming too much before the holidays
• Try not to over-schedule yourself—build in breaks to your schedule
• Let others know of your prior commitments, so as to reduce their expectations of the time you have for them
• Try not to travel during rush hour—you can avoid more stress!
Trying not to gain too much weight
• Balance what you eat & drink, including alcohol
• Take time to exercise ahead of an event; perhaps a walk alone or with someone
• Consider doing the 7 minute workout
Avoiding the Holiday Blues

- Prior losses may be felt again
- Memories (good & bad) may rise to the surface & stir up feelings
- If you have unrealistic expectations of others or yourself, you may find yourself disappointed.
• Do something new & different from what you usually do
• Volunteer
• Be with people who care about you
• Stay physically active
• Be grateful for what you have
• TED Talk: Amy Cuddy on Power Poses
• Call EASE: 800-882-1341