

Here Come the Holidays

WA State Employee Assistance Program

November 2017

Hints for Having a Healthy, Happy Holiday Season

- * **Do not take responsibility for everyone else's holiday happiness!** Delegate or divide the work among those with whom you will be sharing the holidays.
- * **Do not reinforce whining behavior by paying attention to it.** Don't let someone else's stress become your stress.
- * **View any task you take on as a choice you have made.** Attitude makes a difference. "I choose to..." rather than "I have to..."
- * **Work at staying in the moment.** Don't worry about tomorrow's tasks today. Give positive attention to the tasks before you at the moment.
- * **Eliminate a sense of competition.** The holidays are not a contest.
- * **Do not be seduced by your own or other's traditions.** Do a "traditions inventory" to see if they are still valid, fit the need and are enjoyable.
- * **Give yourself gifts.** Nurture yourself. Be a little selfish.
- * **Do things with your family and friends that you can all enjoy.** Don't pretend to be enthusiastic. Look for alternative activities that everyone will enjoy.
- * **Refuse to be lonely, even if you are alone.** You can choose what you think and experience.
- * **Do not overspend.** Avoid setting yourself up for "future stress" when the bills come in.
- * **Get rid of all the things you dislike about the holidays.** Choose your activities and the manner in which you celebrate.
- * **Avoid self-defeating habits.** You know those things that are harmful to your health and well-being. Do not overeat. Do not drink too much. Get enough rest.
- * **Give yourself time to remember and celebrate the true meaning of the holidays.** Read familiar stories. Listen to music.
- * **Help others.** Look for ways to give of yourself this season.
- * **Remain tuned to your emotions.** Spend time alone and make time for relaxation. Share any feelings and discuss how to make the holiday season more enjoyable.

