

Managing the Holidays — THIS YEAR

Even though some things are definitely better than last year we still have to think differently about holiday celebrations. Here are some ideas that may help with managing holidays between now and the New Year:

Take a Breath. With or without a mask, holidays can leave you breathless... Do the 4/7/8 breath (count 4 inhale, hold for a count of 7, exhale for 8). Research has shown it will help you more than you would expect – to better sleep, decreased anxiety, and a pause that can help you increase your overall resiliency.



Lower your Expectations. The fantasy of holidays often does not match the reality. Find the real stuff and let the expectation of perfection dissolve in a deep breath. Just do your best. Things are different than they were a couple of years ago. Adjust to the differences and find new ways to enjoy the few days that are the “holi-days.” The holidays pass quickly and on the other side, you want to feel joy, not anxiety.

Old Fashioned Stuff. Find non-commercial ways to play and enjoy. Turn on music, watch old movies, play board games, go for walks, cut out snowflakes, make homemade gifts, have a holiday picnic on a blanket in your living room. Get creative.

Don't Make Resolutions. Avoid resolutions this year. Because we really don't know what next year will be about with the ongoing concerns of a Global Pandemic. If you have to resolve something, resolve that you will keep as healthy, kind, calm, and safe as possible. That might be good enough this year. Your EAP website does have an online [30-day challenge](#) if you MUST make resolutions. Be kind to yourself.

Balance Joy and Grief. For some this holiday will be about all the losses of the last couple of years. Take your time to feel your feelings and take your time to grieve. There is no schedule on grief. But you can allow yourself permission to let a few bits of sunlight in even in the darkest of days. That will allow you to heal over time, bit by bit, one day at a time. Call your EAP for compassionate support any time.



Connect with Others. Use Zoom, or FaceTime, or the telephone, or email, or instant chat, or other *[continued]*

Managing the Holidays — THIS YEAR (cont.)

platforms to create online meetings with those you cannot see in person. One of the most amazing things that has come out of the pandemic is the ability to connect to people globally. Make it work for yourself.

Go to your EAP Website. There are tons of resources, information, and support on the website. If you sign up for *52 Weeks of Well-being*, you will get a reminder every week for the next year of ways to increase your resiliency. It's free. It's easy. It simply arrives in your email if you [Sign Up](#).

Call Your EAP. This is a great time to ask for support, especially if you haven't before. EAP is a good place to just talk story, or get suggestions for new and easy, safe and gentle ways to celebrate the holidays. If you find yourself not able to deal with the holidays, if you get too depressed, blue, sad, or lost in the process, or begin increasing drugs or alcohol, or having problems with relationships, or feel worse... call (808) 597-8222. You are not alone.



If you need more suggestions for the holidays:

The home page on our website has links that let you download any of our holiday flyers! In addition to this topic, we have flyers on:

Managing Holiday Stress

Managing Stress for Holiday Family Get-Togethers

Alone for the Holidays

Eleven Holiday Stress Tips



Articles On Our Website

Did you know about all the resources available to you from your EAP's website? Here are a few examples:



5 TIPS FOR WORKING FROM HOME STRESS-FREE (PARENT'S EDITION)

This is an article written by James E. Porter, CEO of StressStop.com and is used by permission. When I started...

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www.EAPacific.com

Or your PAP website at www.HawaiiPAP.com

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EAP and PAP provide short-term confidential counseling and work/life services, provided to you by your employer, that can assist in identifying and resolving issues that may be interfering with your job or personal life. Access to our experienced counselors and work/life services is available across the Islands and can be contacted by phoning or emailing our Honolulu office.



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