

Frazzled vs. Festive – Coping with Holiday Stress

Personal Essentials



Best Care EAP Can Help!

For free, confidential support for you and your dependent family members, contact us today.

402-354-8000 | 800-801-4182

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How Stressed Do You Get During the Holidays?

1 = Almost Never True 2 = Seldom True 3 = Often True 4 = Almost Always True

- I get upset whenever I get together with my relatives.
- I feel overwhelmed when I think of everything I must do during the holidays.
- I hate to be alone.
- I find it difficult to please all the people I should.
- It bothers me when my plans depend upon the actions of others.
- Holiday get-togethers put knots in my stomach.
- I often get physically ill during or after the holidays.
- I never know what to buy people.
- Within my immediate family, we always disagree about holiday plans.
- I dread the holidays.
- I lose my sense of humor during the holidays.
- I eat, drink, and/or smoke too much during the holiday.
- I can never find time to relax or stay physically fit during the holidays.
- After the holidays, I feel disappointed and blue.

Add your total score _____. Circle the range your score falls in:

14-28

A

29-42

B

43-56

C

Top Five Holiday Stressors

- Loss of a loved one
- Being alone



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- Being with your family
- The financial cost/coming up with gift ideas
- Feeling “rundown”

A Grab Bag of Holiday Stress Busters

- Set realistic goals for the holidays; pare them down to manageable and enjoyable proportions.
- Set priorities and resist feeling obligated.
- Accept what cannot be changed. Some things you just have to get through.
- Understand your limitations.
- Utilize your support network; ask for help when you need it. Talk out your problems with someone you trust.
- Allow yourself private time to recharge your emotional batteries and to nurture yourself.
- Keep an eye on your expectations. Expecting fatigue, stress, and tension can guarantee them.
- Anticipate joy instead.
- Examine the holiday traditions. Compromise and/or discard those that have lost meaning.
- Create new memories.
- Give others the gift of your time. Sharing your talents with others can be rewarding.
- Give “gift certificates” for babysitting, shoveling snow, or home-cooked meals.
- Eat wholesome, well-balanced meals, drink lots of water, and get plenty of rest.
- Take time to exercise. It can give you added energy and reduce stress.
- Pick a celebration day just for you. For that whole day, do only what you genuinely want to do.

Frazzled vs. Festive

- Delegate or discard chores that don't absolutely have to be done.
- Shop by mail-order or hire a baby-sitter while you take time to shop.
- Agree on spending limits with your family and friends and stick to that limit.
- Bake ahead of time and freeze.
- Limit alcohol consumption and absolutely use a designated driver.
- Suggest that each family member "give up" a gift request and donate money or time to a needy family or charity. That's the true holiday spirit.
- Help your children understand toy advertising so they don't get too greedy. Help kids make a wish list with clear priorities.
- Consider pot lucks or holiday open houses as easy entertainment options.
- Schedule holiday activities on a master calendar so the whole family knows what to expect.
- Be tolerant of adolescents' tendency to be more concerned for friends than family.
- Take stock of the positive and set new goals and challenges for the upcoming year.
- The holidays are a great time to rekindle old friendships or to make amends.

Best Care Webinar Evaluation

Program Title: _____ Date: _____
Your Employer: _____ Facilitator: _____

Thank you for participating in today’s webinar. Please share your impressions below and then fax to Best Care EAP at (402) 354-8046 or scan and email to EAP@BestCareEAP.org.

	Strongly Disagree	Somewhat Disagree	Neutral	Somewhat Agree	Strongly Agree
1. The material covered in this program will benefit me personally and/or professionally.	1	2	3	4	5
2. The facilitator was knowledgeable and effective and used clear examples.	1	2	3	4	5
3. I plan to apply what I learned.	1	2	3	4	5
4. Best Care EAP’s services and benefits were reviewed.	1	2	3	4	5
5. I would recommend this training to coworkers/colleagues.	1	2	3	4	5

6. What was particularly helpful about the training?

7. What would you recommend changing about the training?

8. If you would like to receive email updates about ongoing Best Care training opportunities, please give us your work email address:
