



# HOLIDAY STRESS

Putting “happy” back in the holidays

Presented by Cigna Employee Assistance Program

**Together, all the way.®**



## Today's Host



**Krishna Dholakia, MS, RD, CDE, CDN**

Senior Health Education Specialist  
Church Pension Group

Krishna has been with the Church Pension Group since 2015 where she develops health programs and resources in order to promote, maintain, and improve member health.

Krishna is a registered dietitian, diabetes educator, and 500-hr certified yoga teacher



## Today's Host



**Cecelia B Keelin, LPC, LLC**  
Cigna EAP

Cecelia Keelin is a Licensed Professional Counselor in the state of Colorado. She has assisted executives, supervisors, and employees for many organizations with a variety of workplace issues, including organizational training and development, crisis debriefings, conflict and mediation, and workplace violence. Cecelia has a successful private clinical practice located in Lakewood, Colorado.



# SEMINAR GOALS



- Identify the main sources of holiday stress
- Learn ways to manage holiday stress
- Develop a personal holiday self-care plan
- Know the benefits of your Employee Assistance Program (EAP)





- Majority of Americans experience holiday stress
- We experience stress when we perceive an imbalance between the demands made of us and the resources we have to cope
- Recognizing holiday stress triggers can help you find ways to cope better and reduce that stress

# WHAT IS HOLIDAY STRESS?

# HEALTHY HOLIDAY TIP NO. 1



## Let go of unrealistic expectations

- Can't recreate the past
- There is no perfect holiday



## HEALTHY HOLIDAY TIP NO. 2



### Try not to isolate yourself

- Keep busy
- Invite others to get together
- Be proactive, not reactive
- Seek support



## HEALTHY HOLIDAY TIP NO. 3



### Reevaluate your traditions

- Are they too stressful?
- Are they too time-consuming?





## HEALTHY HOLIDAY TIP NO. 4



### **Don't expect family issues to disappear**

- Reduce time spent with difficult family members
- Let go of past resentments; practice forgiveness
- Balance your needs with your family's needs
- Plan ahead for divorced/blended family holiday



## HEALTHY HOLIDAY TIP NO. 5



### Don't over-commit yourself

- Eliminate stressful or unnecessary activities and chores
- Learn to say “no”
- Ask for help and delegate tasks



## HEALTHY HOLIDAY TIP NO. 6



### Start saving early

- Set aside a holiday fund
- Limit yourself to the simple things





## HEALTHY HOLIDAY TIP NO. 7



### Negotiate gift-giving limits

- Discuss spending limits
- Consider alternatives
- Give to those in need



## HEALTHY HOLIDAY TIP NO. 8



### Budget boosters

- Include all expenses in seasonal budget
- Budget money, not emotions
- Use cash or prepaid card to enforce spending limits
- Keep a record of what is spent to stay on track
- Recognize the real value of gift giving



## HEALTHY HOLIDAY TIP NO. 9



### Practical time-saving tips

- Plan ahead
- Use technology
- Get organized



## HEALTHY HOLIDAY TIP NO. 10



### Shopping showdown

- Go with a game plan
- Keep it manageable
- Make it fun!





## HEALTHY HOLIDAY TIP NO. 11

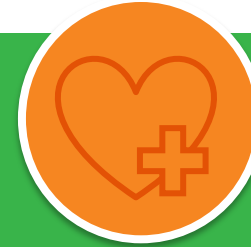


### It's about the kids

- Creating positive memories and traditions
- Keep them involved
- Help them set their own realistic expectations
- Mind their needs and schedules



## HEALTHY HOLIDAY TIP NO. 12



### **Remember the true meaning of the holidays**

- Focus on the positive
- Beware of excessive commercialism
- Take care of you

- Face-to-face sessions
- Confidential
- Prepaid
- Unlimited telephonic consultation
- Available 24 hours a day, 7 days a week
- Household benefit
- Work/life support such as elder care, child care and pet care
- Convenience services
- Financial services
- Legal services

# BENEFITS OF THE EAP

**Benefits vary by employer. Please check with your HR for your specific EAP benefits.**





# Q & A

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## Learning in one place and easy to understand.

CPG has gathered all learning in one place, giving you the whole picture in a way that's easy to understand and take advantage of. Learn about holistic wellness, managing your finances, and more.



# Want to learn more?

**eLearning course on Resilience at**  
**[www.cpg.org/elearning](http://www.cpg.org/elearning)**

**In the course you will explore...**

- **How to build you resilience**
- **The real impact of relationships**
- **How to manage stressful situations**

**Duration: Approximately 15 minutes per section**

### We Cultivate Resilience Through Learning

We can cultivate resilience by learning to respond to challenging situations in positive ways. As we strengthen our resilience, we can also enhance our overall health and wellness.

**Let's look at Jan's situation.**  
She has faced a series of disappointments and troubling events. Yet, she still feels a deep sense of well-being.

*Check the boxes that describe effective ways that Jan may be practicing resilience, then click Submit.*

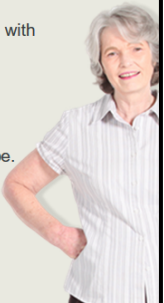
☐ She has learned she can be successful and effective in her life even when faced with difficult challenges.

☐ She turns to her support systems when she starts to feel out of her depth.

☐ She is able to see the big picture and connect with something of meaning.

☐ At times when she is especially upset or hurting, she maintains optimism and hope.

Submit





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# THANK YOU

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FOR YOUR PARTICIPATION  
AND FEEDBACK!

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# REFERENCES

Mills, D. (2015). Big meals, tight schedules and wallets: What stresses us most at the holidays. Retrieved from <http://www.healthline.com/health-news/what-stresses-us-most-at-the-holidays-113015#1>



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