



HOLIDAY STRESS

Putting “happy” back in the holidays

Presented by Cigna Employee Assistance Program



Together, all the way.®



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
- What causes stress during the holidays?

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

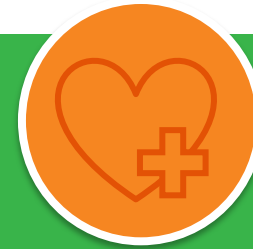


It's about the kids

- 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 telephone consultation
- Available 24 hours a day, 7 days a week
- Household benefit
- Work/life support such as eldercare, childcare and pet care
- Financial services
- Legal services

BENEFITS OF THE EAP

1.877.622.4327 / CignaBehavioral.com / Employer ID: cofl



REFERENCES

American Psychological Association [APA]. (2010). Making the most of the holiday season. Retrieved from <http://www.apa.org/helpcenter/holiday-season.aspx>



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