



Managing Holiday Stress

The kids are home, money's tight and you're trying to juggle the demands of work and family without letting anything slip through the cracks. Is it finally the holidays or quarantine? Holidays are supposed to be a special time when family and friends come together to celebrate, but due to COVID-19, many of us may celebrate alone, socially distanced or virtually this year. Things are different for all of us this holiday season and these changes can trigger feelings of loneliness, anxiety and stress. The EAP is here for you and your family and includes a variety of counseling and online wellbeing resources to help you feel emotionally and physically balanced during this challenging time.

Counseling Resources

- **Confidential Counseling:** Includes free and confidential face-to-face, phone or video sessions.
- **TESS AI Chatbot:** 24/7 chatbot for emotional support and check-ins to boost wellness. Text "Hi" to +1 650 825 9634 to get started.
- **Online Peer Support Groups:** Online support groups for addiction, depression, bipolar, parenting, LGBTQ+ and anxiety.
- **24/7 Crisis Help:** Toll-free access for you or a family member experiencing a crisis.

Helpful Links

- How to Cope with Family Gatherings and the Pandemic
- 2 Surprising Ways to Make the Holidays Less Stressful
- Stress, Depression and the Holidays: Tips for Coping

1. **Maintain a Routine.** Even though your regular routine has been disrupted, you can still have some structure to your day. Create a realistic schedule with times set aside for important activities like work time, school time, screen time, exercise and free time. Try to maintain your normal sleep schedule. It can help you function better during the day, stabilize your mood and give a boost to your immune system.
2. **Keep Moving.** Although it might be tempting to binge-watch all of your favorite holiday movies, too much screen time and sitting can make you cranky, bored and irritable. Make time to be physically active every day, even if it's just a short socially distanced walk. It'll help reduce your stress and give you a healthy burst of endorphins to improve your mood.
3. **Schedule Downtime.** No matter what time of year it is, taking the time to rest and rejuvenate is always a good idea. Have an in-home movie night with your family. Take a nap. Make sure each family member has scheduled "me" time for some peace and quiet.
4. **Stay Positive.** Even if this moment seems stressful, can you find a way to make it pleasant? Connect with someone else in a positive way with a kind gesture, or try to notice what's around you with fresh eyes and an open mind. Even though the holidays are stressful, try and remember to laugh. Laughter is the best medicine and it's free.

Access Online Wellbeing Resources

Go to ibhsolutions.com/members to access free online stress reduction tools and wellbeing resources including webinars, articles, self-directed courses, MyStressTools and more.