



Here come the holidays.

Pace yourself to prevent instability.

Give yourself the gift of balance... because you're worth it.

Keep a calendar.

Keep track of your busy schedule on your computer, on the wall or on your phone. With seasonal activities at school and work, you will likely receive conflicting invitations. Simply consult your calendar when necessary to prevent conflicts. When the calendar looks too busy, put in a “Me” day to spend in a way that allows you to reset and slow down.

Stick to healthy routines.

When things start to get hectic and you've been in too many traffic jams and crowded stores, remember what keeps you centered. You've likely been grabbing fast food on the run rather than stocking your fridge with healthy options. You may be skimping on sleep in order to fit everything in. And when was the last time you took a walk or went to the gym?

Celebrations don't require a crowd.

Time with a friend or just with your family can give you a break from the party scene. It's okay to say “no” to events. Sometimes staying in for a “silent night” is just what you need most to reflect on the meaning of the season.

H.A.L.T. before you crash.

Our bodies give us signals if we simply pay attention. Ask yourself, am I Hungry, Angry (Hangry), Lonely or Tired right now? If you feel like shutting down, check in with yourself to determine what you really need to feel balanced again.

Achieving a balance during the holidays can be a real challenge. Plan ahead to achieve the right pace for you!

Struggling to find balance?
A consultation or session with your EAP may help.

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