

Here come the holidays.

Don't let stressors prevent you from enjoying the season.

The origin of the word **holiday** comes from “holy day” and first referred to special religious observances. These days were marked by community gatherings where food was shared and best attire worn.

In modern times, we think of “holidays” more broadly as nationally, religiously or culturally observed days that include rest, celebration and remembrance. Entire industries have evolved to enhance the experience, creating increased anticipation and expectations. Decorations, holiday music everywhere, parties, gift-giving, travel and spending can easily become overwhelming.

The current retail promotion of the season, beginning with Halloween and lasting until after the New Year, can lead to a high level of stress. This season, we want to heighten your awareness about ways you can take back some personal control around the holidays to prevent the tension from setting in.

Reach out to your EAP. The holiday season is long, and we can suggest tips so that you can maximize enjoyment while avoiding the stressors along the way.

Your EAP is available to help you have a healthy holiday season. Reach out today.

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