

EMPLOYEE ASSISTANCE AND WORKLIFE

SOLUTIONS



Your Guide to a Healthier, Happier Holiday Season

Let's be honest: the holidays can be magical, but they can also feel like a marathon in a snowstorm. Between social obligations, family expectations, and the never-ending cheese platters, it's easy to lose yourself in the swirl of it all.



Make this the year you feel better, not burned out. Here's your go-to guide for navigating the holiday hustle with less stress and keeping your health and happiness intact from Thanksgiving leftovers to the New Year's toast.

YOUR GUIDE TO A HAPPIER, HEALTHIER HOLIDAY SEASON



1. Reframe Holiday Expectations

You don't need to say yes to every invitation or bake cookies for 60 people to make the season meaningful. Instead of overextending yourself:

- **Prioritize what truly matters:** Choose people over pressure.
- **Block off recharge time:** Add it to your calendar like it's an important appointment — because it is.
- **Set boundaries with love:** You can say no and still be kind.

Note: Chronic stress impacts both mental and physical health. Preventive care starts with awareness.

2. Protect Your Peace

Stress levels spike during the holidays — but peace is not a luxury; it's a necessity. Add micro-moments of calm to your day:

- Practice deep breathing for three to five minutes.
- Take 10-minute walks after meals.
- Start the day with gratitude journaling or intention-setting.

Reminder: Your energy is your currency. Spend it wisely.

3. Eat with Joy Not Guilt

Food is a big part of celebration — and you should enjoy it! The key is balance. Try this:

- **Follow the 80/20 rule:** 80% whole foods, 20% feed-your-soul foods.
- **Don't skip meals to "save up" for a feast:** It often backfires.
- **Hydrate, hydrate, hydrate:** Especially before parties.

Quick tip: Load your plate with veggies first, then add a few of your favorites. You'll feel fuller longer, without the guilt and post-meal crash.

4. Stay Active

Winter doesn't have to put your fitness on pause — it can be the season that sparks new routines and fresh motivation. With a little creativity, you can keep moving and even discover new activities you enjoy.

A Final Note

Give yourself the same compassion that you show everyone else. And remember that presence is the goal during the holiday season, not perfection.

LIVE
WEBINAR

MENTAL HEALTH SUPPORT DURING THE HOLIDAY SEASON

Wednesday, December 10, 2025 | 2-3 p.m. E.T.

While this time of year can be a wonderful experience filled with joy and celebration, it may also be accompanied by a collage of emotions. This webinar presents you with positive ways to nurture your mental well-being during the holiday season, and gives you the gift of guidance on seeking mental health support. We'll also highlight tools and resources to help you enjoy your way through the hustle and bustle with ease.

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For more healthy holiday tips, bring your wish list to your Employee Assistance Program and let us help you check it twice in favor of less stress and more cheer.



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