Our emotions around this time of year can be as jumbled as a string of holiday lights; some bright spots, some dull, and some so messy you may want to just chuck it in the basement and hide until January! The holidays may contain both joy and stress for you; it’s normal to feel lonely, pressured into putting on the “perfect” event, or worry about complicated relationship dynamics. It can be hard to talk about this when others seem so merry, so let’s make a plan now to cope ahead:

- Let us help you **prepare to survive (and even thrive) during the holidays**; read our Four-Part Strategy to Survive the Holidays and all they bring.
- Take a proactive approach! What might throw off your equilibrium this season, and what can you prepare now to help you in the moment? Our short, interactive Guide to Creating New Rituals for Resiliency is an easy place to start.
- For some of us, the holidays mean **increased time spent among extended families with complex dynamics**. We have resources on our family page to help you navigate complex family dynamics and parenting.
- **Be mindful of alcohol consumption**; alcohol use often rises during the holiday season as people try to cope with all the season brings. Ironically, alcohol use actually increases the stress to our bodies; the Alcohol-Stress Paradox is a well-documented interaction. If you’re wondering whether your alcohol use is at healthy level, click here to take a free, confidential Alcohol Self-Assessment.
- **Look ahead to 2023!** Our first wellness workshops of the new year give you a chance to meet the ‘future you’, start to create a vision board, or join us for a morning yoga session.

At the end of the day, the holiday season is short and this too shall pass. Take care of yourself; listen to yourself; reach out when it feels good, and curl in when that feels better.

Sincerely,

The team at Invest EAP/Centers for Wellbeing

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