• The holiday season—a grand finale of sorts to the year — is known for its warmth, joy, and togetherness; many of us will gather with our loved ones, attend festive celebrations, and create cherished memories. The season can feel like the warm cup of hot cocoa it beckons us to enjoy; all of this is true and it’s fair to acknowledge the stress that may feel inevitable.

• One of the best ways to cope with stress, in any season, is to be proactive and plan ahead. This month, we’re here to help you prepare for the holiday season in one of the most paramount ways: for the safety of you and yours. Safety during the holiday season doesn’t just mean your stockings are hung by the chimney with care, your menorah candles are safely aglow, and your deep-fried turkey managed to avoid any run-ins with the smoke detector this year.

• Safety this time of year should mean ensuring risky items in your home are secured, practicing online security, and taking a close look at the physical welfare of your more vulnerable family members. This holiday season, we’ve got you covered; let’s make this season one to remember for all the right reasons.

• **Physical safety at home and away** involves conversations that may feel uncomfortable or emotionally charged. How do you ask family members about their firearms or medicine cabinet security, for example? Prepare yourself by researching the facts and practicing these conversation scripts on safe medications and firearms storage, talking to older family members about their environment as they age, and setting the foundation with your kids around their physical boundaries and well-being — these are all included in our online household safety center.

• It’s estimated that over 90% of holiday shoppers will buy at least one gift online. What’s the safest payment method and how do you know that the sites you’re shopping on are secure? Here are some great tips for staying safe and smart online this holiday season.
Did you know that you can also access a free ID breach scan in our legal resource center?

- With our days getting darker and shorter, online shoppers aren’t the only ones spending more time on the internet; how to talk to your kids about staying safe online.

- Does just starting to think about planning for the holiday season feel enormous? Grounding yourself counts as feeling safe too – check out our December workshops for more ideas.

- Of course, we’re here to help you plan ahead or talk through any safety topics anytime; request an appointment UVM Directo Scheduler to request an appointment or call us 24/7 at (866) 660-9533. Let’s plan for safety so we can enjoy all the gifts of the season with our family and friends.

- The team at Invest EAP/Centers for Wellbeing \hspace{1cm} Shared by UVM Employee Wellness

You need to create a login on our website to access some of the above links. Your Organization Password is: UVM

If you’d like to contact one of our staff directly, please use the EAP staff contact list.

Did you receive this as a forward and want to get our monthly wellness e-news directly next time? Click here to sign up.]