

A Benefit For

BEST CARE EMPLOYEE ASSISTANCE PROGRAM



Taking Care of “IT” During the Holidays

There always seems to be so much to take care of during the holiday season. Consider the following tips for a happy, less stressful holiday season:

Survey it

We recently surveyed our Best Care EAP staff to identify everyone’s favorite holiday memory. The answers revealed that no one remembered clean houses, expensive gifts, or theme trees. Make up a few simple questions, survey your family and use the answers for guidance as to what traditions to keep and which ones to toss.

Bind it

No palm pilots-no worries! Grab a small binder and make it your holiday brains. On the first page place a picture, write an inspiring quote, prayer or mission statement including what **matters most to you this season**. Each time you go to the mall, work, or grocery store, look at the first page. Break up the notebook into sections like NOW, TOMORROW and LATER. Include ads, grocery store specials, and coupons.

Frame it

Buy frames on sale and give tribute to the people and moments that matter most. Fabulous and easy tips for framing can be found at www.realsimple.com/realsimple/gallery . Ever dream of being author and photographer? Log on to www.shutterfly.com and it can happen by creating bound books that you design.

Freeze it

Don’t dread visitors during the holidays! Many soups, stews, and casseroles can be made ahead and frozen. Try to make one meal a week in double or triple portion, label it and place it in the holiday side of the freezer. Get corn chips, special breads and bagels to go with it. These fast and easy suppers are economical, yummy and warm on cold winter nights.

E-mail it

Never get those cards out on time? Me either. Send an E-card instead. It is easy and instant! If you are computer shy, go to a Web site like BlueMountain.com and they will do it for you! Make a family Web site for your holidays which posts pictures, videos and personalized messages for friends and family members.

Forget it...

Not the holidays, themselves, but any bad memories, grudges and old hurts. The holidays are a perfect time to forgive, reconnect and make new memories. After all, for most of us, including the Best Care EAP staff, our favorite holiday memory includes spending time with friends and loved ones.

Just remember, for the holidays and beyond, Best Care EAP professionals are available to provide support and assistance. For a confidential appointment, call (800) 666-8606 or (402) 354-8000. We wish everyone a peaceful holiday season!

This time like all times is a very good one if we but know what to do with it.

RalphWaldoEmerson

Best Care
EMPLOYEE ASSISTANCE PROGRAM
