



## **EAP Notes**

### **Make Holiday Stress....Less**

#### ***Open the door:***

Instead of dividing your time between multiple families, invite them over for one big event. Go potluck and let them bring food items so you don't have to do all of the work. Make the holidays interesting with new faces and new stories. Invite friends or coworkers to your festive events if they are unable to be with their loved ones for the holidays.

#### ***Try new recipes:***

Surprise everyone with a new dish for them to *dish* about. Create your own masterpiece and make it fun! Share recipes with friends and family, or search the web and put a spin on an old favorite. Check out these websites and bring the unexpected to your next party:

[www.myrecipes.com](http://www.myrecipes.com) or [www.allrecipes.com](http://www.allrecipes.com).

#### ***Break the routine:***

Don't be afraid to make a new plan for the holidays this year. If you usually travel every year, consider staying at home. If you are ready for an adventure on the open road, bridge the gap to spend time with family and friends outside of town. Or try dining out for your holiday feast. Start a new tradition and seize the opportunity to make the holidays special in your own way.

#### ***On the road:***

Pack all of your traveling necessities in one bag: music or book CD's for easy listening, DVD player and movies can come in handy during the car trip and while away from home, tissues and wet wipes to clean up, blanket and pillow for backseat passengers, games and books to make the miles fly by, and snacks to avoid fast food stops along the way.

#### ***Holiday greetings:***

Do you spend a lot of money on holiday cards and postage each year? Try sending your greetings via email this year. Include pictures, stories and tidbits from 2007 to keep your friends and family in the loop. Or save money on postage by sending postcards instead. When possible, hand-deliver cards and baked goods to the people who live close to you. It's a treat to visit in person.

#### ***Gift giving:***

If shopping has lost its appeal or the crowds stress you out, there are other ways to find the perfect gifts for the ones you love. Make something with your own hands, such as a personalized photo album with handpicked photos. Or shop the sales on the internet and look for deals on shipping charges. Your gifts can be mailed to your home or office without the crowded malls or shopping centers. Better yet, ship the gifts to recipients right from the internet!

#### ***Seek support:***

Best Care EAP is ready to offer ways to cope with stress, family and work issues, and to help you enjoy the upcoming holidays. You and your dependants are covered by your EAP benefit. Contact us today at 402-354-8000 or 800-666-8606 to speak with a qualified counselor confidentially.

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EMPLOYEE ASSISTANCE PROGRAM

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