

MANAGING HOLIDAY STRESS



SIGNS YOU MAY BE STRUGGLING

- You're overwhelmed by grief and loss
- The lack of sunlight is affecting your mood
- You're disinterested in social connection and/or isolating
- You're eating and sleeping habits have changed
- You or your loved ones have noticed an increase in your drinking and/or smoking

WHAT YOU CAN DO

- Manage your time and don't try to do too much
- Set appropriate boundaries with family and people in your life
- Write a gratitude list
- Find someone safe to talk to (see below)

REMEMBER: YOU ARE NOT ALONE

The holidays can be challenging for many, and it's okay to ask for help or take time for yourself. Prioritize your mental health and know that it's okay to set boundaries, rest, and focus on what brings you peace. Your well-being matters most.

If you need extra support,
Modern Assistance is here to
help

Give us a call: **617-774-0331**

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