

*Neely*

Everyone deserves a little couch-time.



# Combating Holiday Stress with Cheer

Presented By





BREATHE



# Welcome from 'Maven' Miara!

- A maven is a trusted professional that shares their knowledge with others.
  - Executive Coach
  - Life & Business Strategist
  - Training Facilitator
  - Hope Dealer!

# How many people deal with holiday stress?

64%  
of People  
Affected

You don't have to be a part of these statistics.

24%  
of People  
Greatly  
Affected

# How does holiday stress show up?

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A



**BUDGET &  
FINANCES**

B



**RELATIONSHIPS &  
CONNECTIONS**

C



**LONELINESS &  
GRIEF**

D



**TIME  
MANAGEMENT**

A cozy winter scene featuring a red mug on a patterned blanket in front of a window. The window shows a snowy landscape with evergreen trees. The text "Create a holiday budget" is overlaid in white, bold font, with a vertical line to its left.

# Create a holiday budget

A cozy winter scene featuring a red mug on a patterned blanket in front of a window. The window shows a snowy landscape with evergreen trees. The text "Boundary management & your peace" is overlaid in white, bold font, with a vertical line to its left.

# Boundary management & your peace

A cozy winter scene featuring a red mug on a patterned blanket in front of a window. The window shows a snowy landscape with evergreen trees. The text "Time management" is overlaid in white, bold font, with a vertical line to its left.

# Time management






**Don't abandon  
your self-care**

A cozy winter scene featuring a red mug on a patterned blanket in front of a window. The window shows a snowy landscape with evergreen trees. The text "Ways to include joy & cheer" is overlaid in white, bold font, with a vertical line to its left.

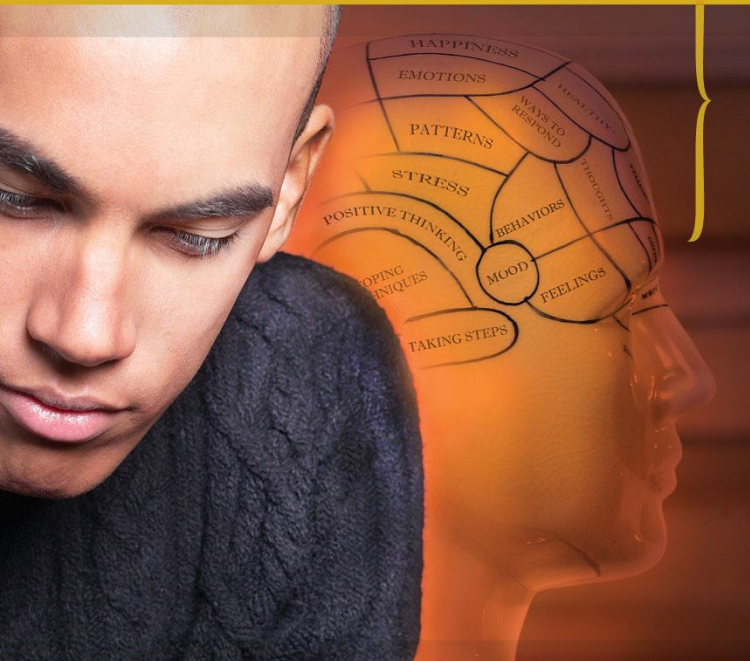
# Ways to include joy & cheer



Have a cheerful  
& safe holiday  
season!

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## COMPUTERIZED COGNITIVE BEHAVIORAL THERAPY



### KEY BENEFITS OF THE CCBT PROGRAM INCLUDE:

- An alternative way of receiving counseling, ideal for people used to accessing services online
- Effective for mild to moderate levels of stress, anxiety and depression
- Helps to improve quality of life, both in and away from the workplace

You now have a new way to obtain counseling through your Employee Support Program . For support with issues such as anxiety, stress, and depression, you can access computerized Cognitive Behavioral Therapy (cCBT). Weekly, online interactive sessions teach you how to apply CBT concepts to change the way you think about and perceive events, resulting in an improvement to your personal well-being, family relationships, and work and social roles.

The confidential cCBT program\* comprises seven sessions offered online over seven weeks. A qualified counselor will track your progress and guide you throughout via email and telephone support. Easy to use, with a personalized registration and login, this seven-week program utilizes video and multimedia to enhance your online experience. Call or e-mail us now to get started.

\* Prior to accessing cCBT, an assessment is made to ensure clinical appropriateness. In some cases, short-term face-to-face or telephone counseling, or other support/resource options may be more appropriate.

WORK-LIFE/EAP ASSISTANCE: 866-212-6096



## ☐ Online:

- ☐ [www.neelyeap.com](http://www.neelyeap.com) company page
- ☐ Live CONNECT
- ☐ iConnect You App
- ☐ Use your company code from benefits flyer

☐ **24/7 Hotline: 866-212-6096**

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# Access Your NEAP Benefits

