

Neely

Everyone deserves a little couch-time.



Hidden Triggers: Work Stress or Holiday Stress

by 'Maven' Miara Shaw

maven  miara

Welcome from 'Maven' Miara!

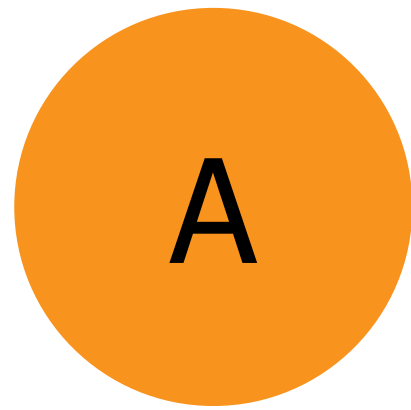
- **A maven is a trusted professional that shares their knowledge with others.**
 - **Executive Coach**
 - **Business Strategist**
 - **Leadership Facilitator**
 - **Podcaster (Success with Saneness)**
 - **Hope Dealer!**



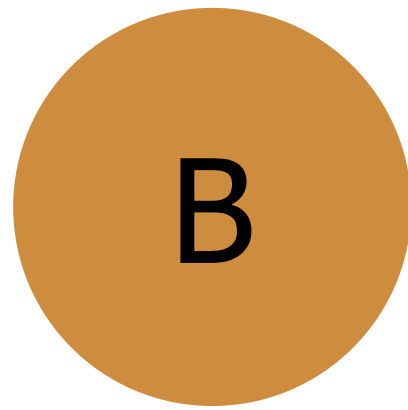


BREATHE

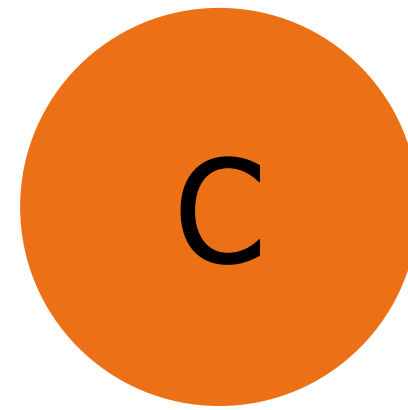
How does **work** stress most impact you?



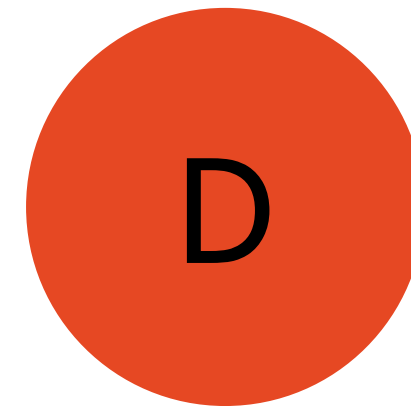
**Lower
Engagement**



**Job
Performance**

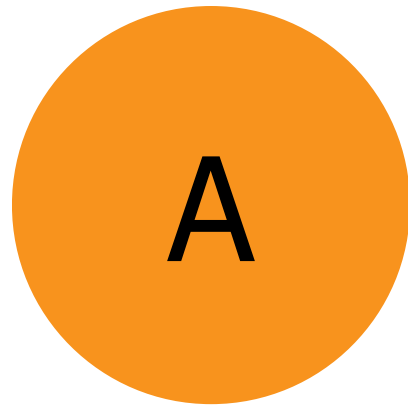


**Conflict with
Coworkers**

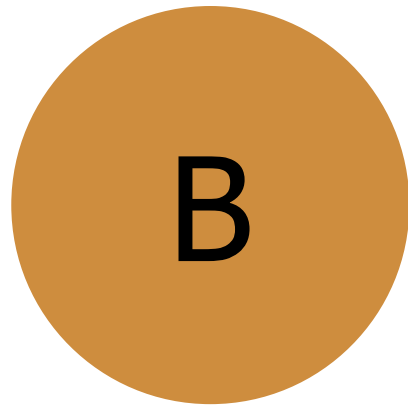


**Mental
Health**

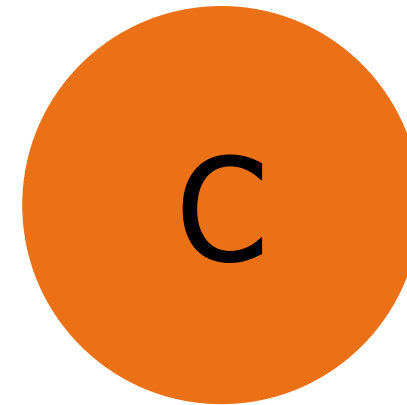
How does **holiday** stress most impact you?



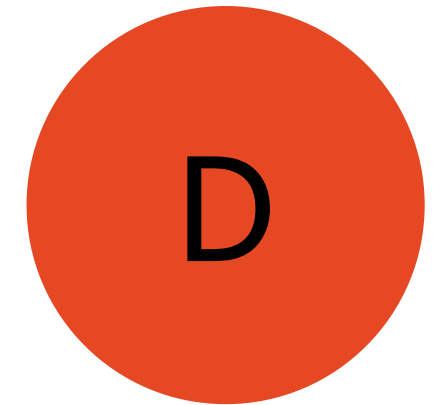
**Financial
Strain & Budget
Concerns**



**Family Drama &
Relationship
Tensions**



**Loneliness,
Isolation &
Grief**



**Overcommit to
Social
Obligations**



4

**WAYS TO KNOW
IF YOU ARE
EXPERIENCING
WORK STRESS!**

#1 You know you're experiencing WORK stress...

You stay in a bad job...

Because you don't want to
train the new person.

#2 You know you're experiencing WORK stress...

When you tell your kids scary bedtime stories that start with...

Once upon a time there was a meeting to set up another meeting to discuss what happened in the last meeting.

#3 You know you're experiencing WORK stress...

When your partner gives you a love letter and
you ask...

If it has been reviewed by legal.

#4 You know you're experiencing WORK stress...

You now consider 'getting lucky' as...

Getting 8 hours of sleep.



4

WAYS TO KNOW
IF YOU ARE
EXPERIENCING
HOLIDAY STRESS!

#1 You know you're experiencing HOLIDAY stress...

You enjoy your workout routine...

Because you enjoy lifting heaving shopping bags and running from store to store in a desperate attempt to beat the holiday crowd.

#2 You know you're experiencing HOLIDAY stress...

You're frustrated with your decorating...

When you realize the Christmas tree is leaning like it's had too much eggnog.

#3 You know you're experiencing HOLIDAY stress...

You suffer from FOMO and overcommit...

And now your calendar is sending
you "just say no" notifications.

#4 You know you're experiencing HOLIDAY stress...

Your good intentions with your holiday budget
are quickly abandoned...

**And your credit card company
sends you a sympathy card.**

How many people are affected
by these stressors?

64%

of people are
affected

24%

of people are
greatly affected

These stats don't have to be YOU!

5

Ways to Better Manage
Work & Holiday Stress



Add the medicine of laughter.



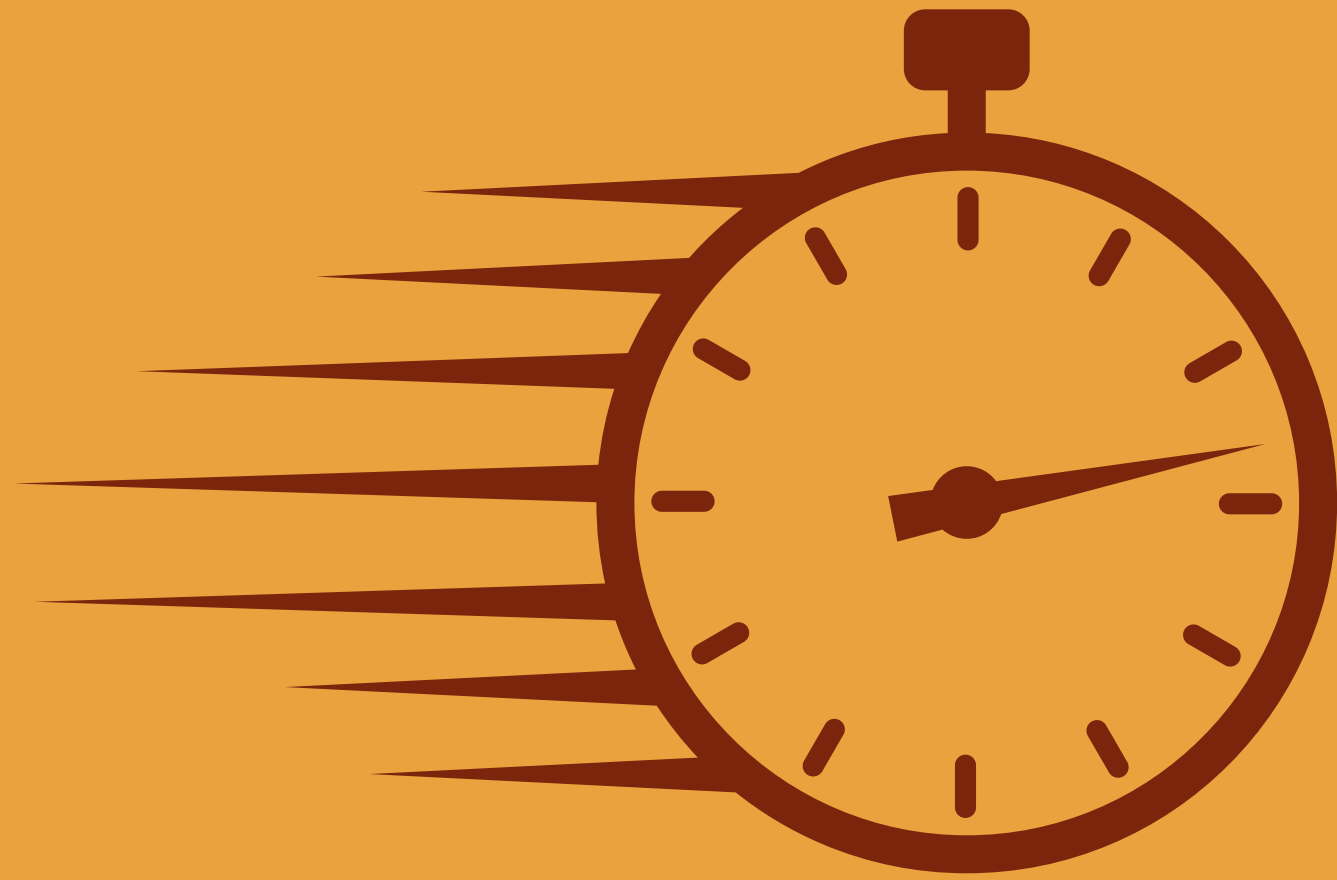
Create a holiday budget.

(Oh! And stick to it)



3

Ask for help at work and home.



4

Set boundaries & time
management.



5

Schedule time for self-care.

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**Have a joyful & safe
holiday season!**



☐ Online:

- ☐ www.neelyeap.com company page
- ☐ Live CONNECT
- ☐ iConnect You App
- ☐ Use your company code from benefits flyer

☐ **24/7 Hotline: 866-212-6096**

Access Your NEAP Benefits



Resources for total wellbeing

Aware: A MINDFULNESS PROGRAM



FEATURES

- Six telephonic sessions with an Aware specialist who is trained in mindfulness
- An individualized practice plan, tailored to your needs
- Opportunity to experience and learn mindfulness exercises within each scheduled session
- Electronic resources such as a practice plan journal, guided practice exercises and an additional resource guide



The Aware mindfulness program helps you learn to meaningfully engage in the present moment. It offers a research-based approach to stress management, which is derived from some of the world's leading experts in the field.

A specially trained Aware specialist will guide you through a step-by-step process to learn the skills you need to reduce stress, emphasize the present, establish greater mind-body balance and increase overall wellbeing.

TOLL-FREE: 866-212-6096

