

NEELY EAP

DECEMBER 2024

GET THE MOST FROM YOUR EMPLOYEE ASSISTANCE PROGRAM



WELCOME

We are so pleased to be your employee assistance provider. Employee Assistance Programs (EAPs) are a first-line response to providing prevention and short-term problem resolution services. We provide short-term counseling services, seminars, legal services, and financial advice, all FREE of charge to you. Each month our newsletter will be packed full of wellness information and updates about upcoming seminars and webinars.

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WELLNESS SEMINAR

Join us for our monthly seminar on
**“Post-Holiday Recharge:
Starting the New Year with
Resilience”**

December 19th @ 3pm

[CLICK HERE TO REGISTER](#)

QUARTERLY WEBINARS

TBD

Post-Holiday Recharge

By: Courtney Garcia-Echeverria

The post-holiday period can be both a relief and a challenge. After the excitement of the holiday season, employees often return to work feeling exhausted, mentally drained, or struggling to adjust to the daily grind. However, this time of year also presents an opportunity to recharge and build resilience for the months ahead. A solid mental and physical foundation can help employees recover from the holiday slump and perform at their best throughout the year.

According to the American Psychological Association (APA), resilience—the ability to adapt to stress and adversity—is crucial for navigating challenges in both personal and professional life (APA, 2020). During the holiday season, many employees face increased social obligations, travel, or the emotional stress of the year-end rush. Employees can start the year feeling more balanced, focused, and prepared to face workplace challenges by taking the time to recharge in the post-holiday period.



Tips for a Successful Recharge

- 1. Set Boundaries and Prioritize Self-Care:** Returning to work after the holidays can be overwhelming, especially with a backlog of emails or projects. Setting boundaries early and taking time for self-care can help alleviate stress. This might mean taking a few extra minutes for mindfulness, eating a balanced meal, or scheduling daily breaks.
- 2. Reconnect with Purpose:** The new year is a great time to reconnect with personal and professional goals. Reflect on what inspired you in the past year and set clear intentions for the year ahead. This helps clarify direction and boosts motivation, which can prevent burnout.
- 3. Practice Healthy Routines:** Sleep, exercise, and healthy eating habits are foundational to resilience. Research from the Mayo Clinic suggests that adequate sleep, regular physical activity, and a balanced diet can significantly improve cognitive function, mood, and overall well-being (Mayo Clinic, 2021). A well-rested, physically active individual is better equipped to handle stress and workplace demands.
- 4. Foster a Supportive Work Environment:** In many cases, connection enhances resilience. Regularly check in with colleagues, and don't hesitate to seek support when needed. Collaborative environments help reduce stress and improve problem-solving.



Conclusion

The post-holiday season is the perfect time to set the stage for a resilient and successful year ahead. By prioritizing self-care, establishing clear goals, and nurturing supportive relationships, employees can transition from the holidays feeling more robust and adaptable.

Focusing on resilience not only enhances personal well-being but also boosts overall performance and workplace satisfaction. ***Take advantage of your EAP benefits and join us for the "Post-Holiday Recharge: Starting the New Year with Resilience" seminar on December 19th.***

References

- American Psychological Association. (2020). Building your resilience. <https://www.apa.org/topics/resilience>
- Mayo Clinic. (2021). Healthy lifestyle: Stress management. <https://www.mayoclinic.org/healthy-lifestyle/stress-management/expert-answers/stress-relief/faq-20426470>

Managing Stress During the Holiday Season: Tips for Employees

By: Courtney Garcia Echeverria

The holiday season can be a time of joy and celebration, but it also brings unique challenges that can contribute to stress. Balancing work commitments, family responsibilities, and social obligations while managing financial pressures can feel overwhelming. Learning to effectively manage stress during this busy time is essential for maintaining both personal well-being and professional performance.

Common Sources of Holiday Stress

Understanding the common causes of holiday stress is the first step toward managing it effectively:

- **Time Pressures:** The rush to meet year-end deadlines and attend social gatherings can feel unmanageable.
- **Financial Strain:** Holiday shopping, travel, and events can stretch budgets thin.
- **Emotional Challenges:** Navigating family dynamics or coping with feelings of loneliness can take an emotional toll.
- **Physical Fatigue:** Long hours, disrupted routines, and limited downtime can leave you feeling drained.

Tips for Managing Holiday Stress

Here are some practical strategies to help you stay grounded and maintain balance during the holiday season:

- **Prioritize Self-Care:** Make time for activities that recharge your energy, such as exercising, meditating, or reading.
- **Set Boundaries:** Protect your time by saying no to unnecessary commitments and focusing on what matters most.
- **Plan Ahead:** Use a calendar to schedule your tasks and activities, breaking them into manageable steps.
- **Stick to a Budget:** Create a realistic budget for holiday expenses and stick to it to avoid financial stress.
- **Communicate Openly:** Share your needs and limitations with family, friends, and colleagues to set clear expectations.



Leverage Available Resources

Your Employee Assistance Program (EAP) is here to help you navigate the challenges of the holiday season. EAP services include:

- **Stress Management Support:** Access to counselors and tools for managing anxiety and emotional challenges.
- **Financial Guidance:** Assistance with creating budgets and managing holiday-related expenses.
- **Work-Life Balance Resources:** Strategies to help you balance personal and professional responsibilities effectively.

Reaching out to these resources can make a significant difference in how you manage holiday stress and maintain well-being.



References

- American Psychological Association (APA). (2025). Stress Management Techniques. Retrieved from <https://www.apa.org/topics/stress>
- Harvard Health Publishing. (2023). Tips for Managing Holiday Stress. Retrieved from <https://www.health.harvard.edu/staying-healthy/managing-holiday-stress>



WHAT CAN MY EAP DO FOR ME?



About our logo

For decades, enslaved African Americans looked to the North Star for hope, inspiration, and freedom. Neely EAP (NEAP) provides the **hope** that your situation will improve, the **inspiration** to move you in the right direction, and the **freedom** to live your best life.

At Neely EAP, we understand the challenge of balancing work and life stresses while staying mentally healthy. That's why we've partnered with your employer to offer you the following services free of charge:

- 24/7 Hotline, Access to Confidential Services
- Free Short-Term Counseling and Couch Time Check-In (preventive annual counseling session)
- Legal and Financial Assistance
- Work-life referrals for adult care, childcare, pet care and more
- Wellness Trainings & Online Employee Training Vault
- Critical Incident Stress Debriefing

