



Monthly Wellness Seminar

**Post-Holiday Recharge:
Starting the New Year with Resilience**

December 2024



About the Speaker

Dr. Kimberly Van Buren

- Military Veteran
- Enjoys Traveling
- Burnout Specialist



Key Takeaways

01

Understanding Post-Holiday Challenges

02

The Power of Thoughtful Planning

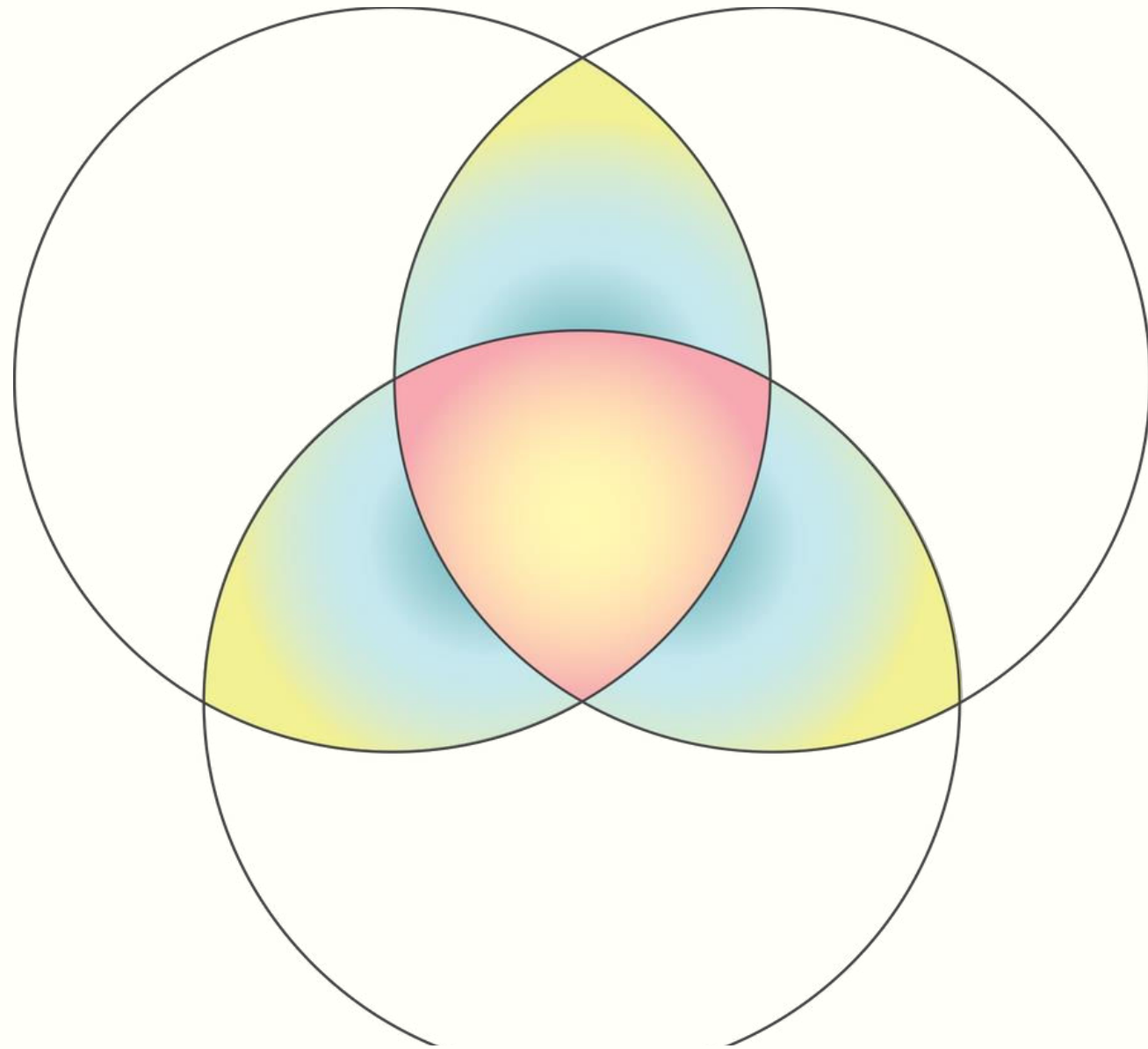
03

Case Study: Turning Stress into Strength

04

Creating Your Personalized Plan

Recent studies highlight the significant impact of holiday-related stress on individuals' mental and financial well-being:



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- **Financial Stress:** A survey by Beyond Finance revealed that 76% of Americans experience emotional distress due to financial pressures during the holiday season.
 - **Mental Health Concerns:** The American Psychiatric Association found that 28% of Americans feel more stressed during the holidays compared to the previous year, with 46% worried about affording holiday gifts and 35% dealing with challenging family dynamics.
 - **Workplace Stress:** According to the American Psychological Association's 2023 Work in America Survey, 77% of workers reported experiencing work-related stress in the past month, with 57% noting negative impacts such as emotional exhaustion and decreased motivation.

These statistics underscore the importance of proactive planning and self-care to mitigate the compounded stressors during and after the holiday season.

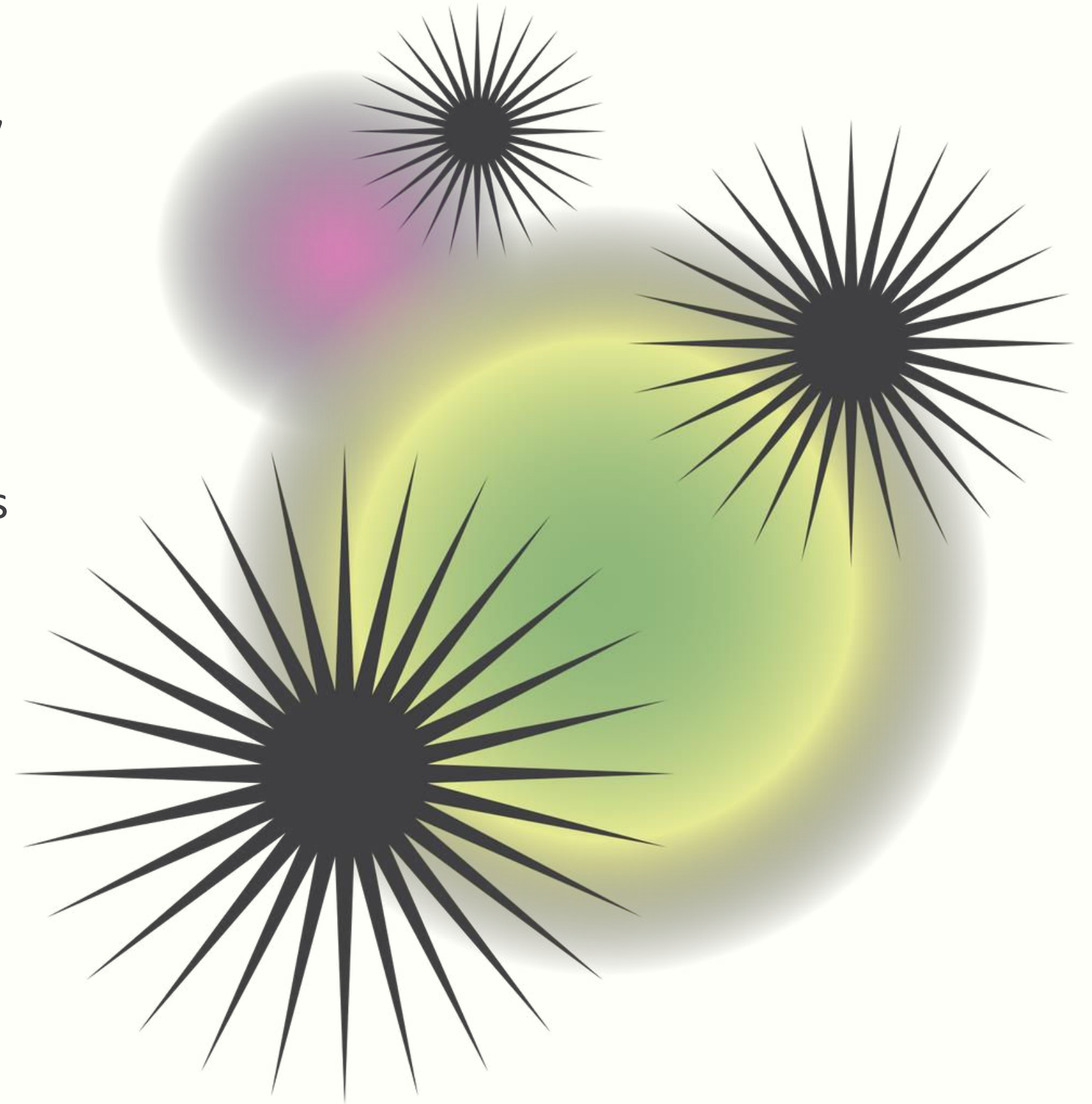


Understanding Post Holiday Challenges

Common Issues:

- Fatigue: Physical and mental exhaustion from holiday activities
- Financial Stress: Coping with overspending and financial planning.
- Emotional Burnout: Managing post-holiday blues or family dynamics.

Impact: Reduced productivity, motivation, and focus.





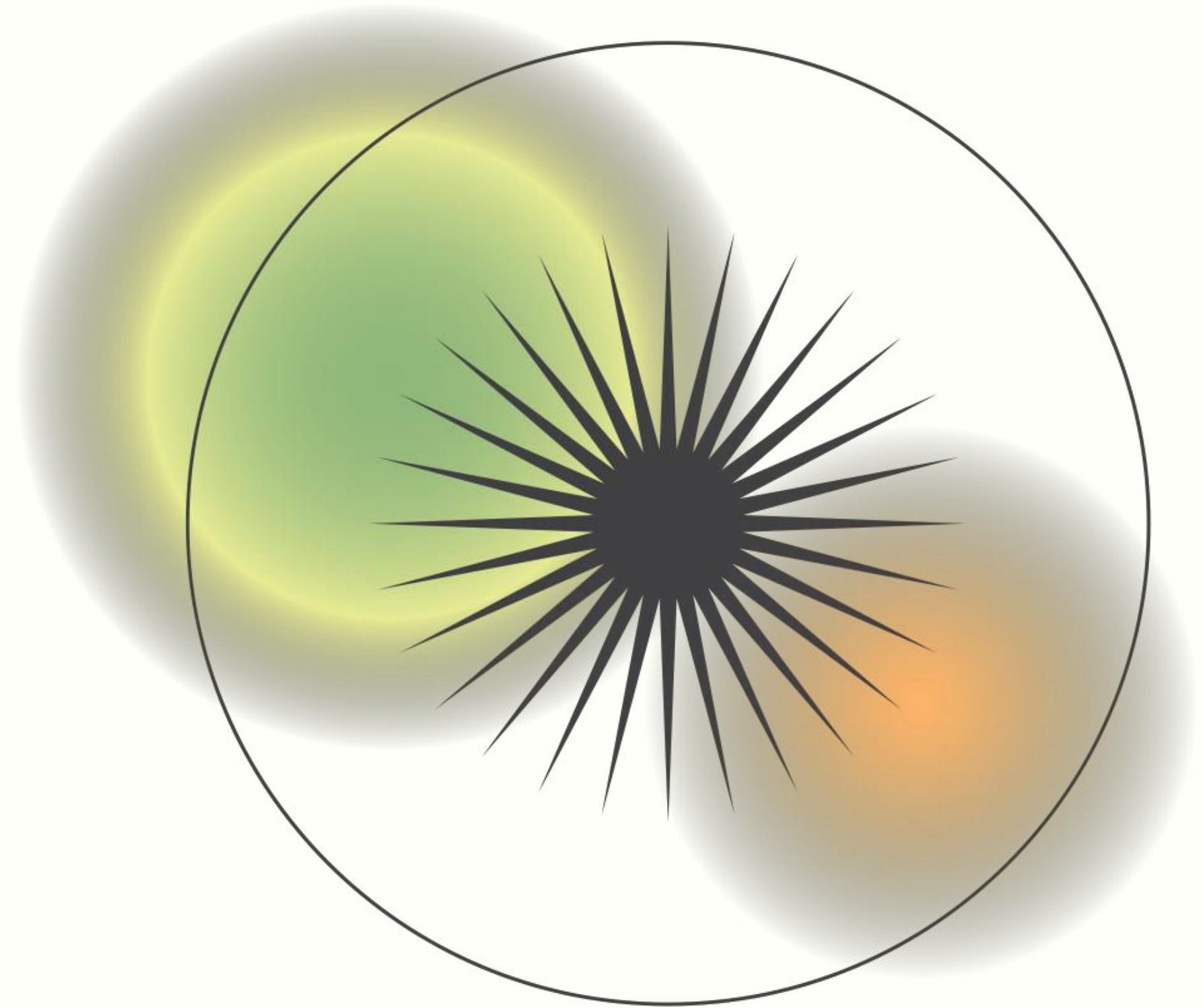
The Power of Thoughtful Planning

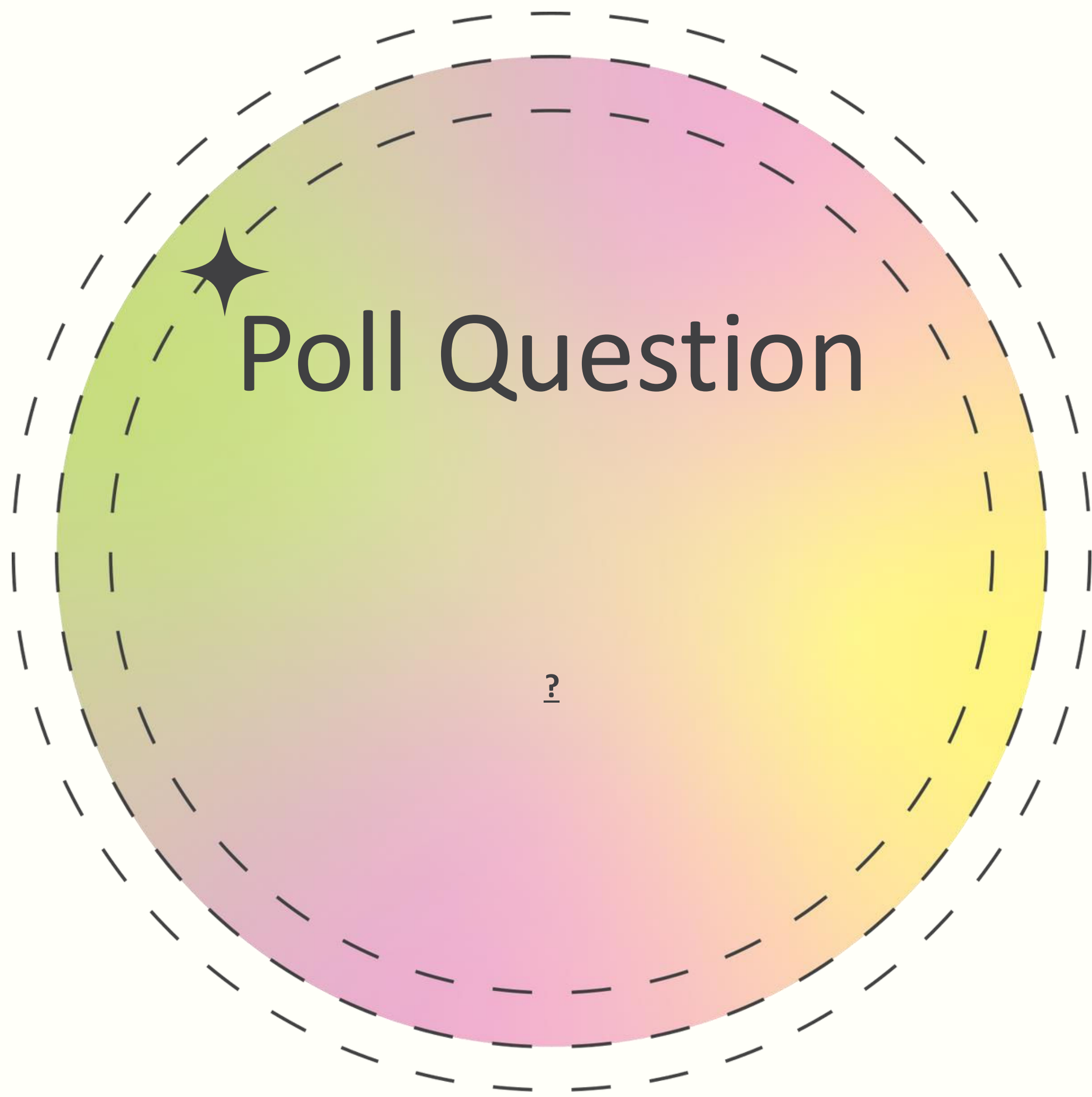
Why It Matters:

- Creates structure and reduces overwhelm.
- Clarifies priorities and sets intentions.

Benefits:

- Improved mental clarity.
- Greater emotional stability.
- Sustainable energy levels.





Poll Question

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Strategies to Recharge and Build Resilience

Physical:

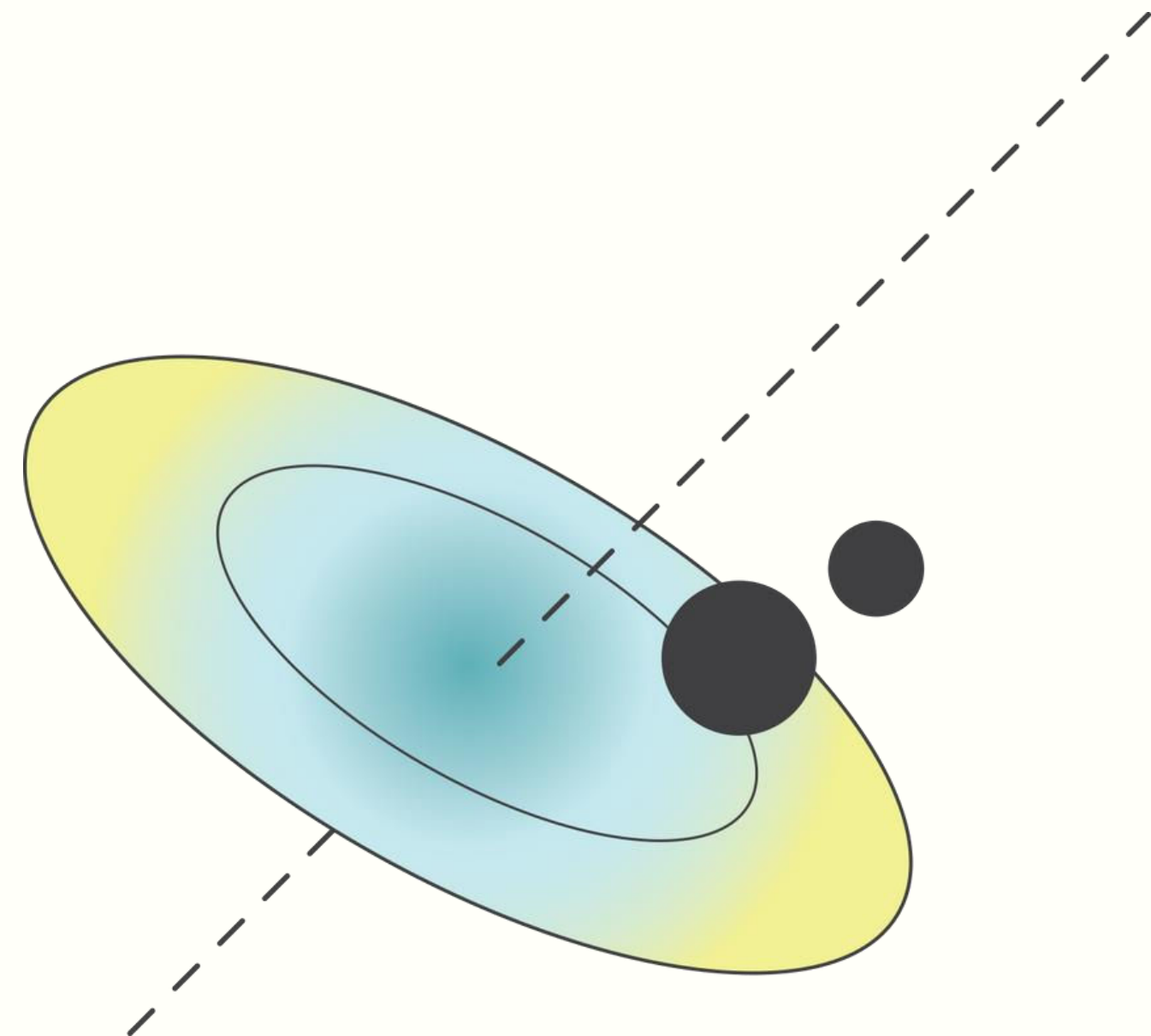
- Prioritize sleep, nutrition, and regular exercise.

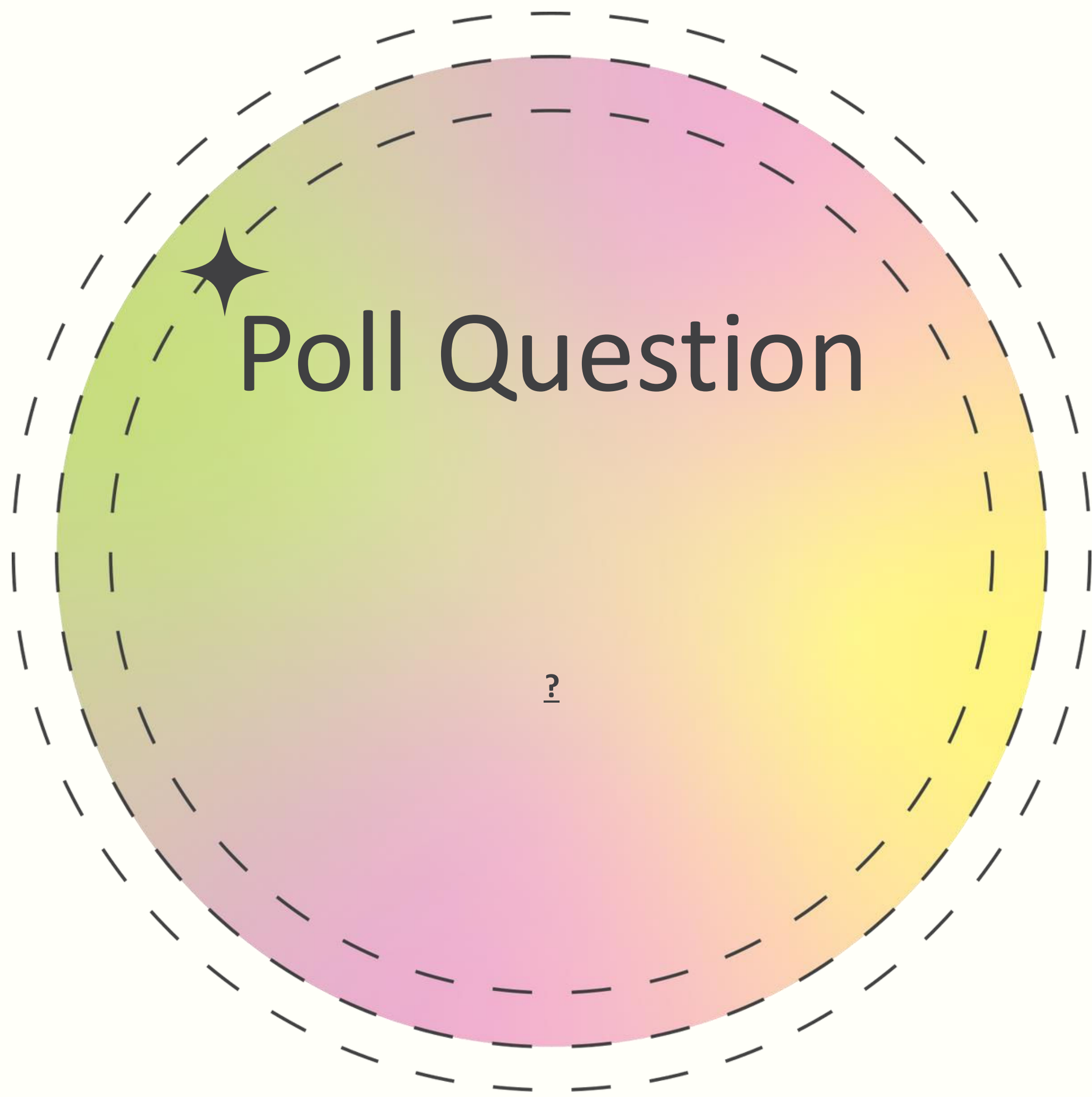
Emotional:

- Practice mindfulness, set boundaries, and cultivate gratitude.

Financial:

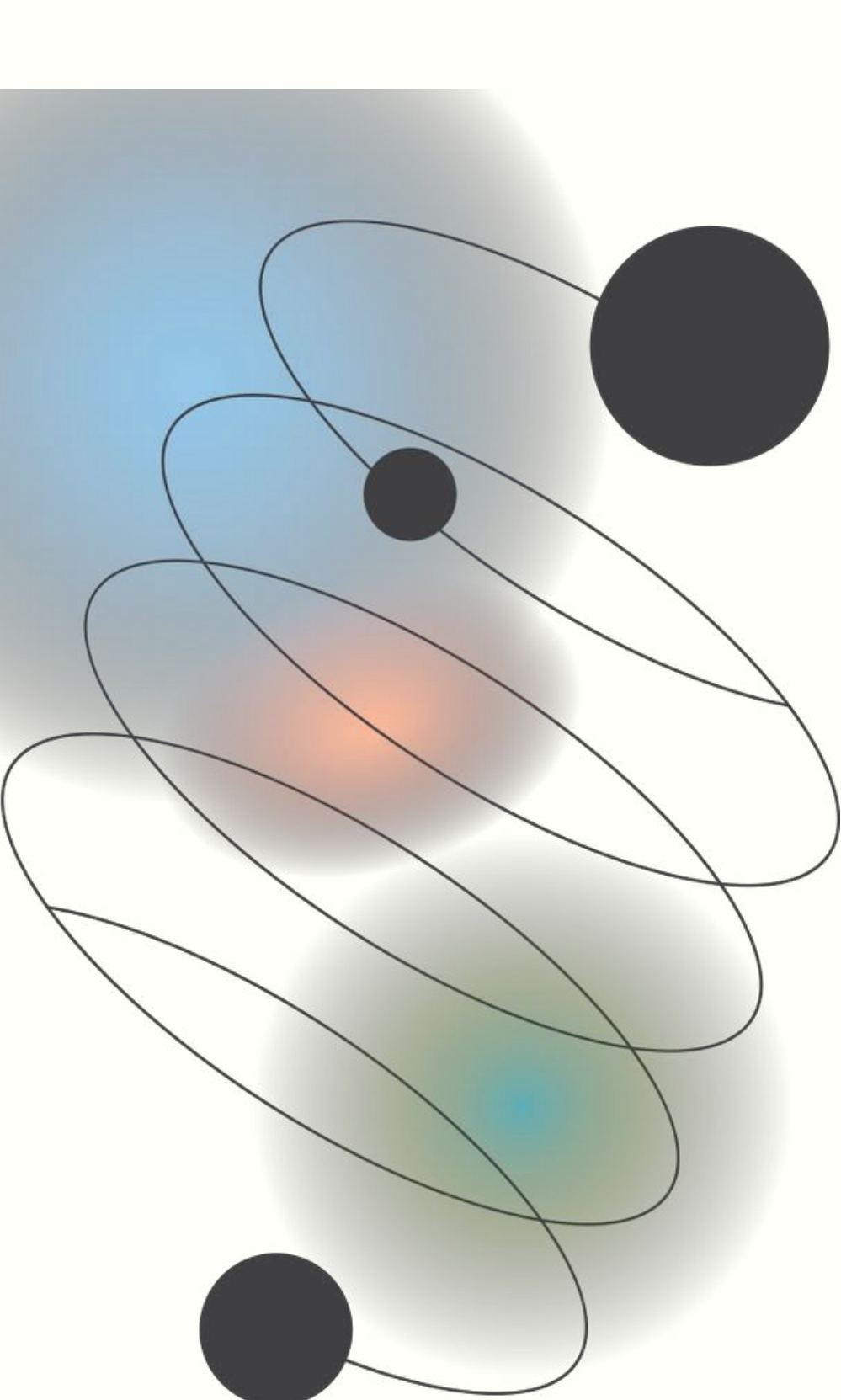
- Develop a budget, identify key financial goals, and track spending.





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Case Study: Turning Stress into Strength

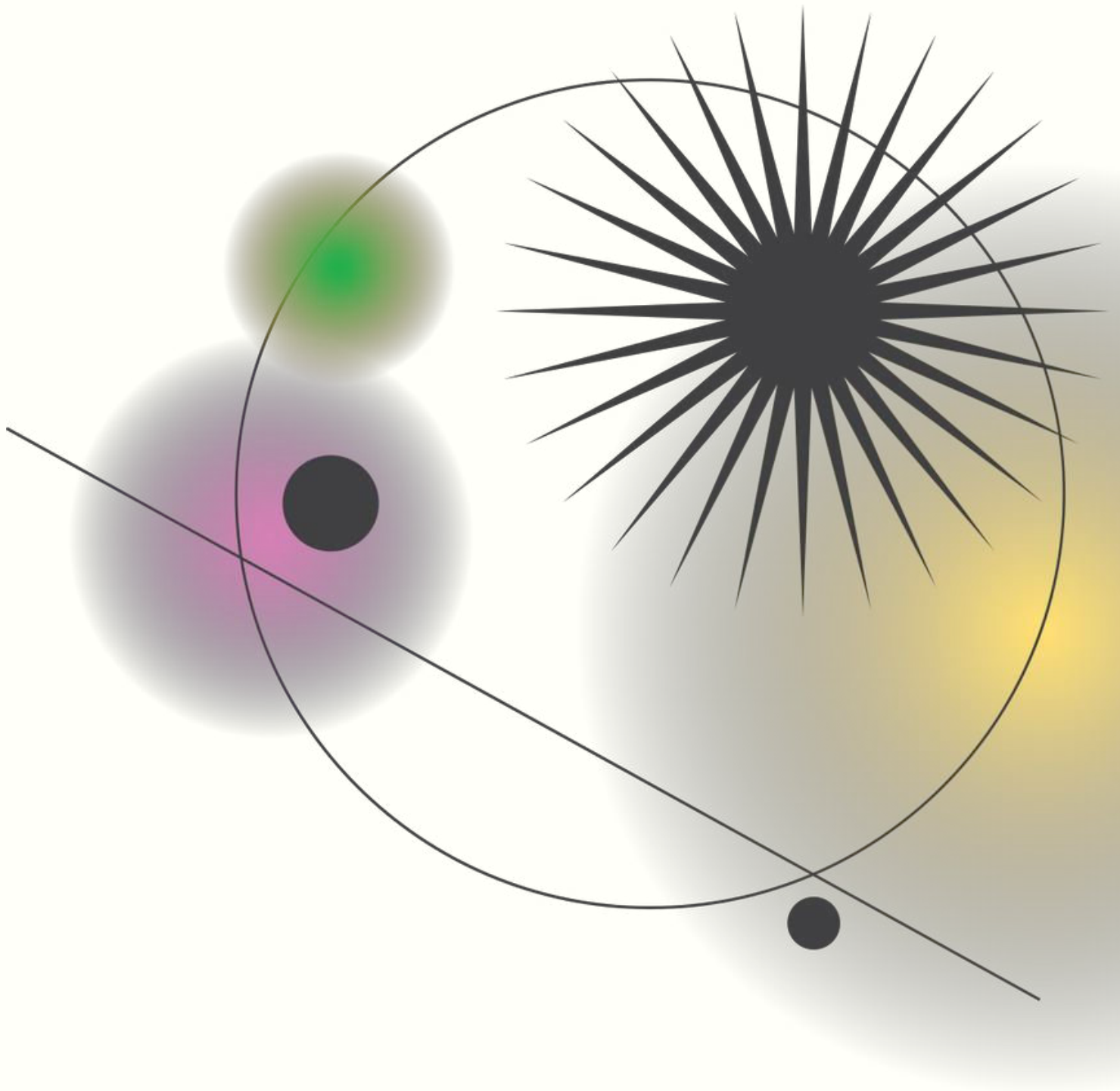
Scenario:

- **Meet Taylor:** A working parent who struggles with post-holiday burnout, financial stress, and lack of time for self-care.
- **Challenge:** Taylor feels overwhelmed by responsibilities and unsure how to move forward.

Solution:

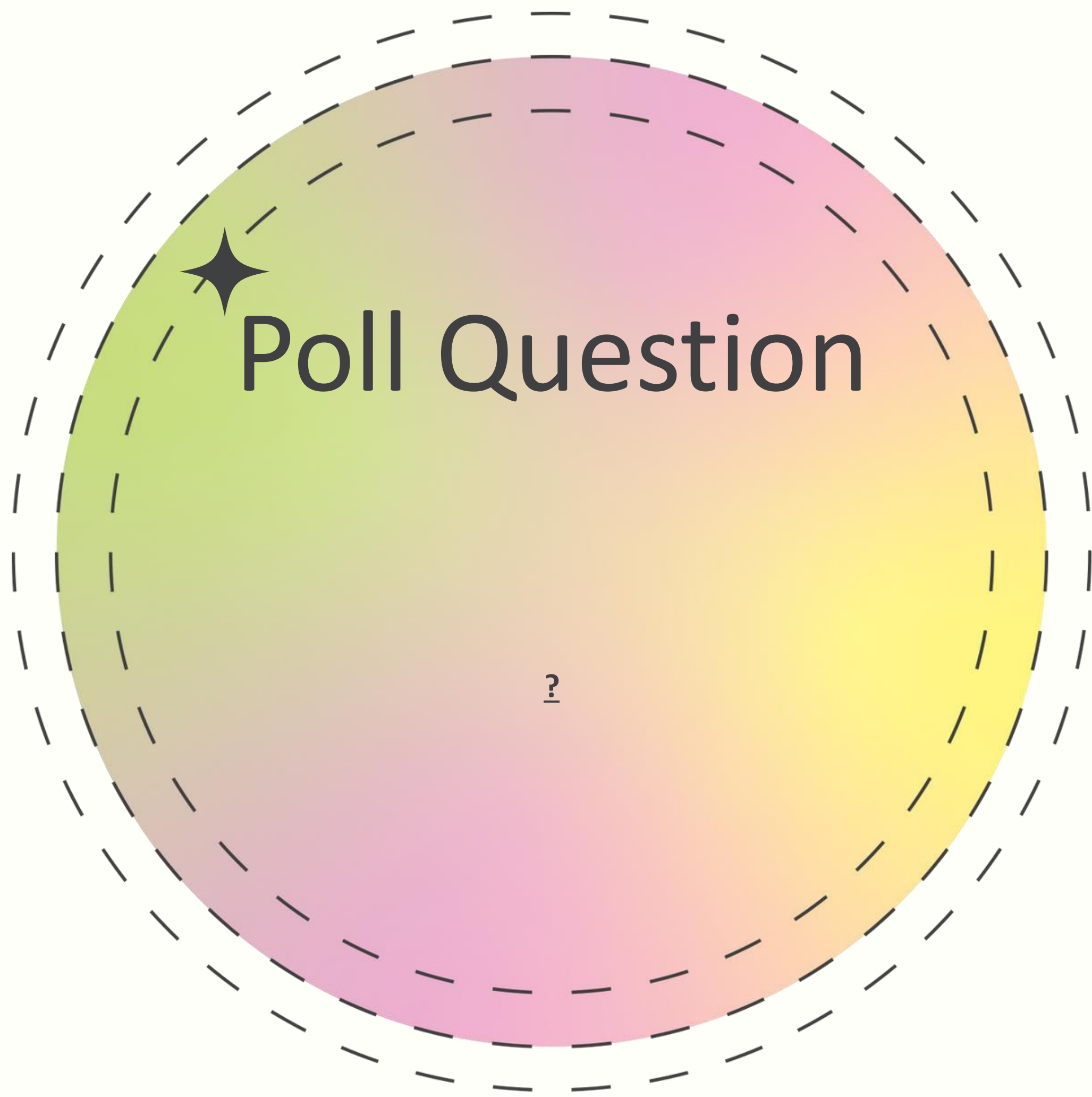
1. **Physical Recharge:** Taylor commits to walking 20 minutes daily.
2. **Financial Clarity:** Creates a budget using a simple app.
3. **Emotional Resilience:** Schedules weekly 'me-time' to practice mindfulness

Physical Recharge: Within a month, Taylor reports feeling more in control, energized, and optimistic.



Creating Your Personalized Plan

- **Step 1:** Identify your biggest challenges (fatigue, stress, burnout).
- **Step 2:** Set 1-2 achievable goals in each area: physical, emotional, financial.
- **Step 3:** Schedule regular check-ins to evaluate progress



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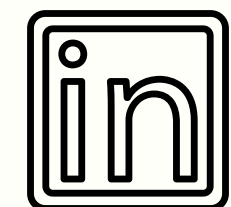
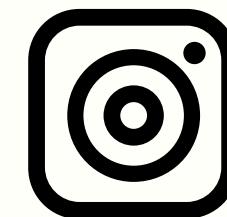
Thank you!



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Employee Support Program

LIFE COACHING



FEATURES:

- Have convenient telephone conversations with your Life Coach.
- Establish your vision, set goals and create an action plan in your very first meeting.
- Engage in up to 5 follow-up meetings to help recalibrate, refresh, and progress with your goals.
- Your progress towards any goal – career, parenting, relationship, time-management – can be enhanced by working with your Life Coach.

The path to personal and professional success is not always clear.

A Life Coach can help by guiding you through a thought-provoking, creative process of reflection and goal setting to maximize your potential and navigate life transitions.

TOLL-FREE: 866-212-6096

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EAP Benefit Spotlight

