



SAVOR THE MAGIC

without feeling overwhelmed.

The holidays are a time to celebrate, connect, and reflect, but they can also bring challenges that feel overwhelming. Did you know the word holiday originates from "holy day," a time for gathering, sharing, and cherishing special moments? Let's bring that spirit back.

In today's fast-paced world, the holiday season often comes with high expectations-decorations, endless celebrations, gift-giving, and travel. It's easy for the magic to get overshadowed by stress. But it doesn't have to be this way.

This year, we want to remind you that you have the power to take back control, prioritize what truly matters, and create a season filled with joy and meaning.

Reach out to us for tips and support to make this holiday season one of connection, peace, and happiness. Let's work together to create memories that warm your heart and ease your mind.

**Your EAP is available to help you have a healthy holiday season.
Reach out today.**



Call 1.800.327.2255



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ENJOY THE HOLIDAYS WITH MINDFULNESS.

The holiday season is a time of joy but can also bring stress and high expectations. Mindfulness -being fully present in the moment-helps us navigate this balance by focusing on what truly matters. By staying grounded, we can savor the small joys of the season, from the aroma of holiday treats to the laughter of loved ones, turning routine moments into meaningful experiences.

Mindfulness also helps manage emotional challenges during busy or high-pressure situations. Instead of reacting quickly to stress or conflict, it encourages us to pause, reflect, and respond calmly. This practice promotes harmony in relationships, ensuring the holiday spirit stays intact even in challenging moments.

At its core, mindfulness highlights the values of the season: gratitude, connection, and generosity. By being present with loved ones and simplifying our routines, we can create lasting memories and a holiday experience filled with peace and intention.

Contact your EAP to learn more about practicing mindfulness and meditation this holiday season and beyond.



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NAVIGATING LOSS DURING THE HOLIDAYS.

The holidays are often a time for connection and joy, but when circumstances or loss keep us apart from loved ones, they can feel especially heavy. If you've lost someone close, the season may bring waves of sadness, loneliness, or even resentment as others celebrate. These emotions are natural, and it's okay to feel them. The question becomes, how can we honor our feelings, find moments of connection, and create meaning during a difficult time?

Acknowledge your feelings.

You don't need to wear a "happy face" when you're hurting. Give yourself the grace to feel what's true for you. Whether it's sadness, grief, or even anger, naming your emotions helps you process and release them. Consider writing a letter to a loved one you miss this season.

Be kind to yourself.

If you've lost someone this year, the holidays may feel overwhelming. Take it one day at a time and honor your limits. It's okay to change plans, decline invitations, or ask for support when you need it. You may find small moments of comfort by reaching out to others or participating in low-pressure gatherings.

Create new traditions.

When loss reshapes the holidays, it can also be a chance to re-imagine them. Ask yourself what feels right for this year- whether it's honoring your loved one with a special ritual or doing something entirely new. Find peace in what brings comfort, and lean on others.

Grief reflects love.

We grieve because we love, and though the loss may feel unbearable, the love remains. In time, we can move from grief to gratitude, holding on to cherished memories while making room for future joys. You don't have to navigate this alone. Reach out to friends, family, or professional support to walk with you through this season.

The EAP is available every hour, every day. Even on holidays. Call today!



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SELF-CARE TO REDUCE HOLIDAY STRESS

Tips for nurturing your mental and physical health before stress burns you out this holiday season

- 1 Set Boundaries and Learn to Say No.** Say no to obligations that feel overwhelming so you can focus on what truly matters to you.
- 2 Carve out time for reflection.** Take at least 15 minutes a day to unwind with activities like journaling, meditating, or enjoying quiet moments.
- 3 Focus on gratitude and connection.** Shift your focus to gratitude and nurturing meaningful relationships to find joy in the season.
- 4 Practice mindful eating.** Enjoy your favorite holiday treats in moderation by eating slowly and savoring each bite.
- 5 Stick to a budget.** Create a spending plan to avoid financial stress and focus on meaningful gestures instead of expensive gifts.
- 6 Soak up the sun.** Nature has healing properties and getting outside can help ease a bad mood or calm anxious feelings.

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SHIFT YOUR FOCUS THIS HOLIDAY SEASON.

The holidays often come with high expectations, but life doesn't always look like the movies or the glossy magazine spreads. It's time to let go of those unrealistic expectations and embrace a more meaningful, balanced approach.

Recognize what's causing your stress. When the holiday pressure starts building, pause and ask yourself: What do I truly need right now? What thoughts are fueling my stress? Take a moment to reframe your perspective and focus on what really matters.

Simplify your celebrations. We're constantly told to do more, buy more, and plan more during the holidays. But often, less is truly more. Identify what makes the season special for you, and let go of the rest. Simplifying doesn't mean doing less - it means focusing more on what brings joy.

Prioritize rest and self-care. Step away from your to-do list and make time for yourself. Enjoy a peaceful moment with a cup of tea, laugh at your favorite comedy, or call a friend for a heartwarming chat. Listen to what your heart needs and give yourself permission to pause.

This holiday season, you don't have to manage stress on your own. Reach out for support and resources to help you create a healthy, fulfilling holiday.

Your EAP is available to help you and your family all season long.



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PACE YOURSELF - YOU DESERVE BALANCE AND PEACE.

Stick to healthy routines. In the holiday rush, don't forget the habits that keep you grounded. Traffic jams and crowded stores may tempt you to skip meals or reach for convenience foods. You might find yourself cutting back on sleep or neglecting exercise. Remember to prioritize rest, nourish your body with wholesome foods, and carve out time to move-whether that's a walk, a yoga class, or a gym session

Keep a calendar. Let your calendar be your guide. Whether it's on your phone, computer, or hanging on the wall, keeping track of your schedule can help you navigate the flurry of seasonal activities at work, school, and with loved ones. If things start to feel too packed, prioritize a "Me" day-a special moment to pause, recharge, and truly enjoy the season.

Celebrations don't require a crowd. Time with a friend or just with your family can give you a break from the party scene. It's okay to say "no" to events. Sometimes staying in for a "silent night" is just what you need most to reflect on the meaning of the season.

If the holiday season starts to feel like too much, remember you don't have to go through it alone. Reaching out for support-whether it's through friends, family, or a trusted counselor -can make all the difference.

You matter. This season, let balance and self-care be the greatest gifts you give yourself.



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