

Holiday Wellness for You!

CHI Health EAP
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I'm sure you don't need to be reminded, but the 2021 holiday season is definitely upon us. Since the 2020 holiday-ish season was downgraded to smaller gatherings, or no gatherings, or Zoom gatherings, many are trying to figure out how to do it up bigger and better this year. Remaining mindful of Covid-19, and the potential impact on vulnerable or unvaccinated family and friends, is still very much part of the collective conversation. The holidays are rarely – if ever – stress free. Especially these days. So, here's a few ideas to consider for your own holiday happiness and wellness*:

- Set realistic expectations - be gentle with yourself and others.
- Set healthy limits; it really is okay to say “no”.
- Gifting is lovely, but set a budget and stick to it.
- Keep a routine of some kind, for you and your family.
- Keep a check on alcohol consumption (moderation is key).
- Keep a check on sugary-treat consumption (moderate is key).
- Keep sleep routines for yourself and the kids as consistent as possible.
- Look around you and notice what you are grateful for.
- Create time for yourself – even a minute or two is beneficial.
- Manage your self-talk – you are doing the very best you can.
- Laugh, move, smile, and enjoy the season.

No matter what tradition you and your loved ones share, your CHI Health EAP wishes you the very best of the Season and into the New Year!



* A few of the options were excerpted from AllOneHealth.com.

To speak with an EAP counselor, please call (402) 398-5566 or (888) 847-4975.