

healthy choices



live well. be well.

Remain Calm and Cool During the Holidays

During the holiday season, everyone is busy. There is so much to do. Everyone seems to be rushing, worrying, preparing, planning, scheduling, and navigating last minute tasks and responsibilities. Some may feel overwhelmed, exhausted, guilty, angry, or even tearful. For those who have lost a loved one recently – or anytime in the past – , this time of year can be especially challenging.

However, you must take care of yourself. Otherwise, you will become worn out, and your resilience will weaken. Symptoms of depression and anxiety (which no one can actually escape in this lifetime) can become exacerbated by additional stress. Symptoms that are inflamed by stress are difficult to endure, especially with the added pressure of the holidays.



How to de-stress this holiday

- Laugh.
- Listen to music.
- Practice self-compassion.
- Don't eat or drink too much.
- Keep holiday expectations realistic.
- Breathe.
- Accept help.
- Say NO.
- Rest.
- Delegate.



Feeling Stressed

Healthy ways to cope with stress

Feeling emotional and nervous or having trouble sleeping and eating can all be normal reactions to stress. Here are some healthy ways you can deal with stress:

- Avoid drugs and alcohol.
- Take care of yourself.
- Take care of your body.
- Connect with your community- or faith-based organizations.
- Take breaks from watching, reading, or listening to news stories.
- Make time to unwind.
- Talk to others.



Looking for
Mental Health
Providers?

Simply scan the QR code
to visit our website.



HEALTH ASSOCIATES®

YOUR WORKPLACE WELLNESS & MAP PARTNER

H&H Health Associates is here to help with counseling, resources, guidance and support.

Call the Welfare Fund office at 314.835.2700 for more information

**Office visit with Mental Health/Substance Abuse Provider
\$15 copayment per visit.**

H&H Health Associates provide confidential, compassionate, and comprehensive assistance service.

Visit Your Member Site
Info@HHHealthAssociates.com
www.HHHealthAssociates.com

3660 South Geyer Road
Suite 100
St.Louis, Mo 63127