EAP’s Guide to Managing the Holiday Crunch

Feeling the pressures of the holiday overload? You are not alone. Many of us discard the structures of our everyday schedules during this time, for nightly shopping excursions, decorating and cooking sprees, holiday travel, and attentiveness to extended family and friends. Personal time for relaxation, exercise, an occasional hot bath, reading and genuine small talk dwindles in the face of generous and unselfish gestures, entertainment extravaganzas, details and decoration, and just plain lack of time and sleep.

The key to managing holiday countdown – Organization

♦ Break down large tasks into small components and use To-Do lists. Carry lists with you in the car and group errands by location to avoid duplicating routes.
♦ Run errands at off-peak hours to avoid delays, lines and frustration.
♦ Pace yourself. Don’t try to accomplish everything in one day.
♦ Remember to relax! In spite of the extraordinary pressures during the holidays, you are still not immune to illness, fatigue or burnout.
♦ Involve family and friends in preparations to lighten the load and enhance your enjoyment of the occasion.
♦ Avoid gift wrapping and addressing greeting cards into the night: it makes a difficult next day.
♦ Don’t waste time and fuel circling for a “close” parking space. Park quickly and exercise your legs with a brisk walk to your destination.
♦ Break out of inefficient patterns. Use the closest postal box at hand to avoid unnecessary trips to the post office.

Above all, don’t overestimate the importance of preparations. In all the hustle and flurry, sometimes we forget what the holiday is all about! Take time to enjoy what is meaningful to you about this time of year even if you don’t get to that last recipe for apple-walnut bread.

if you or one of your immediate family could benefit from brief confidential counseling, call the County Employee Assistance Program (EAP) for an appointment:

(408) 241-7772

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