

Keeping the balance over the festive season



Christmas is known to be a time to relax and celebrate with friends and family, however the festive season can also intensify emotions of loneliness and isolation for some. Issues involving financial problems, health, relationships or loss, can often increase feelings of stress and anxiety related to this time of year. In times of increased pressure, such as Christmas, it's important that you pay extra attention to your health and wellbeing so you can manage your stress responses and relationships over the Christmas period.

It is important to be conscious of your own boundaries and to identify the signs related to anxiety, stress or depression. These can include symptoms such as moodiness, fatigue, loss of interest in food / exercise, and increased alcohol or drug use. If you find that some of these signs are emerging, it is important that you seek support by chatting to a close friend or family member, or accessing your EAP.

Some helpful tips for relieving the stress of Christmas include:

- Take some time out for yourself by doing something that makes you feel good.
- Look after yourself physically by eating well, exercising and getting a good night's sleep.
- Limit your intake of alcohol - there can often be a greater temptation to drink more than usual over Christmas, but alcohol can impact on your moods, decrease effective communication and contribute to unhelpful behaviours.
- If you are feeling down or stressed, talk to a trusted friend, family member, or make an appointment to access EAP.