

# Handling Holiday Stress

**A timely Brown Bag workshop to help you weather the stressful holiday time with energy, confidence, and a positive perspective**

Offered by the City's Employee Assistance Program (EAP)

The winter holidays can be a time when feelings of loss and sadness can overwhelm us and cause holiday stress. But the holidays can also be a source of creative expression, renewal, and personal power.

This one-hour workshop can help you:

- ❖ prevent, minimize and survive holiday stress at home and in the workplace
- ❖ manage your time, your spending, and your relationships over the holiday
- ❖ take back control of holiday commitments
- ❖ prevent the friction of family, food, and finances
- ❖ survive the holiday blues by making better choices
- ❖ start the New Year in a positive frame of mind

**Call your EAP for more information and to schedule a Brown Bag workshop at your worksite:  
800-795-2351**