

DIY

Do It Yourself:

The holidays will be different this year.
Coping with disappointment and finding the silver lining



How we can help

Triad EAP's network of highly qualified counselors help clients recognize and successfully address a variety of issues:

- Relationship difficulties
- Drug / alcohol misuse
- Depression or anxiety
- Grief, loss or trauma
- Family & parenting issues
- Job-related problems
- Workplace conflicts

Holiday Reminder:

You are not obligated to continue Holiday Traditions that leave you Broke, Overwhelmed, or Tired.



By Kenra Haftel
Triad EAP

I love the traditions of the holiday season. Decorating my house brings me joy. I look forward to spending time with family, devouring feasts and shopping for the perfect gift. This holiday season is going to look very different and I'm struggling with that reality. For the first time, I won't be with visiting my extended family and that is tough. Perhaps you can relate to this disappointment. Let's explore some ideas on how we can still enjoy the holiday season when it is going to be different for many of us.

Acknowledge disappointments. Allow yourself to feel the emotions triggered if your holiday plans are uprooted by the pandemic. It is okay to be sad or angry. Remember that your support system can be there for you from afar. If we've learned anything over the past months is that we can still connect. Pick up the phone. Schedule a zoom party. And, if you are feeling really down, remember you have access to short-term counseling through your EAP benefits.

Remember the big picture. Admittedly, it may not be how we want to spend the



holiday but it is one season out of many to come. Next year we will likely return to our traditions which include attending social gatherings and traveling to visit family. **Set realistic expectations.** Stress about money is always a concern during the holidays and for some the pandemic has dramatically impacted their financial stability. Gift-giving can be fulfilling but consider scaling back this year if money is tighter than normal.

Be grateful. Cultivating an attitude of gratefulness can help lift your spirits. Be thankful for the traditions that you can continue. Decorate your house. Blast your favorite holiday music. Bake the cookies. Find ways to stay connected to family or friends with who you would typically share this time with. And, cherish those who you can be with this year.

Find the Silver Lining:

We have an opportunity to reduce what causes a lot of holiday stress. A 2019 article found on [businessinsider.com](https://www.businessinsider.com) reported that if given the opportunity, more than one-third of American's would skip the holiday season due to the stress associated with it. The most common complaint was lack of time. Likely, we won't be as busy this year. While traveling to visit family is time consuming and expensive. You don't have to feel obligated to bounce from one holiday party to another. You can shop online from the comfort of your own home instead of battling crowded malls.

Consider new traditions. The holiday season is upon us and yes, it will look different. Could you create new traditions? Maybe a recipe or new game that you can continue next year when life is, hopefully, back to normal.