

Welcome Winter!

Surviving the Stress of the Holidays

At Home

- ❖ **Have a plan.** Set a realistic budget and time schedule. Don't over commit to holiday activities, prioritize the most important ones.
- ❖ **Spend time with loved ones.** There is always pressure to socialize, but don't overextend your emotional bandwidth.
- ❖ **Stick to your regular routines.** Around the holidays there are temptations to overindulge in food, drinks and presents while ignoring sleep and exercise. Remember to make healthy choices and stick to your normal routine.
- ❖ **Focus on the positive.** Be grateful during this season and don't push for perfection.
- ❖ **Relax.** Know the best ways for yourself to de-stress: spend time alone, exercise and reading can help slow down the holiday rush.
- ❖ **Have a lifeline or support network.** Remember your access to EAP counseling services!

Read full article at:

<https://www.theeap.com/december-2015-coping-super-stress-season>

At the Office Holiday Party

Do's

- ❖ Keep hand free for handshakes, hold your drink in your left hand.
- ❖ Take time to network with people you may not see regularly.
- ❖ Keep all conversations positive and upbeat.
- ❖ Act as if your behavior is being observed.



Don'ts

- ❖ Indulge in the open buffet or bar. Moderation is key.
- ❖ Overstay your welcome.
- ❖ Bring funny/ gag gifts for your boss.
- ❖ Talk about coworker's mistakes/ embarrassing moments.

Read full article at:

<https://www.livecareer.com/resources/jobs/net-working/office-party-dos-donts>

Healthy Snowman Snack

Ingredients:

- ❖ Thin bagels
- ❖ Cream Cheese
- ❖ Raisins (hat)
- ❖ Dried cranberries
- ❖ Chocolate chips
- ❖ Baby carrots
- ❖ Pretzel rods
- ❖ Blueberries



Instructions:

Spread cream cheese on the bagel and invite the children to create their own personal snowman face with the ingredients!

Read more at:

<https://healthykidstoday.org/2015/12/11/25-days-of-snacks-day-11-snowman-bagels/>

Winter Word Search



Blizzard	Cold	December
February	Freezing	Frost
Icicles	January	March
Skate	Skiing	Snowman
Toboggan	Windchill	Slush
Drifts	Ice	Shovel
Snowstorm	Hockey	

Grinch Punch

- ❁ 2 13oz packets Unsweetened Lemon Lime Kool-Aid
- ❁ Red Sanding Sugar
- ❁ Pineapple Juice Frozen
- ❁ Lemonade Concentrate thawed
- ❁ Sprite
- ❁ Ice
- ❁ Sugar



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Read full recipe at: <https://www.simplisticallyliving.com/grinch-punch/>

Winter Break Bucket List

- Bake and decorate cookies.** Watch a new movie at home or in theatre. **Play hide and seek.** Play your favorite board game with family. **Help make dinner.**
- Make hot cocoa.** Eat a candy cane.
- Build a fort.** Go ice skating. Donate food to the food bank. **Shovel for a neighbor.** Make snow angels. Have an indoor picnic. Help make dinner with your family. **Go sledding.** Have a pajama day. **Deliver cookies to your neighbor.** Donate old toys/ clothes.
- Build a snowman.**