

EMPLOYEE ASSISTANCE PROGRAM

YOUR EAP NEWSLETTER
NOVEMBER 2020



HOLIDAY HELPFULTIPS!

Holidays can be stressful, but they can also be joyous occasions, this month's newsletter will help you to re-think the way you plan for a holiday, or really any repeat event you find to cause some angst.

This year more than any other we have the extra added stress of COVID, so why not give this exercise a go to help your mindset and navigation of this unique holiday season. Grab a pen and paper and answer the following questions:

1. What do I truly value about the holiday season or event? What is it about for me? What is important to me?
2. If everything goes exactly as I want it at the end of the holiday season or event, what will I feel like? What might have happened?
3. What was helpful and not helpful the last holiday season?

The answer to question 1 represents what the /feel of your event is, question 2 represents your vision, and question 3 will provide you with answers to specific steps in your holiday/event routine to change or reconsider. Take these reflections and make a new tradition!

Need ideas for new COVID inspired holiday/event traditions? This holiday season will be more memorable because it is different! Try some options below:

Consider outdoor events!

Trim a tree outdoor event

Snowman, snow-angel, snow fort contests

Consider a hot foods potluck /contest to keep everyone warm outside!

Create your own count down calendar to the holiday or event, fill every day with a surprise activity!

Spread some joy!

Write out special notes to others and mail

Make special treats and deliver to doorsteps

Drop off treats to your local nursing homes, shelters, emergency responder departments

Don't forget one of CNY's easiest ways to socially distance and enjoy holiday fun is:

<https://www.lightsonthelake.com/>

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Now offering increased in-person counseling hours! It's easy to set up an appointment just call 315-733-1709 or after 5pm 315-733-1726

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