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## December 2011 *LifeSolutions* Corner

***“I’m already dreading the holidays! Good cheer and wonderful family get-togethers just aren’t a part of my world. Could talking with someone help lift my ‘holiday blues’?”***

Yes, and *LifeSolutions*, your EAP, is a good place to start that conversation! For many people, holidays are not the “most wonderful time of the year.” Unrealistic expectations, *doing* until you are exhausted, and overspending are common traps that can make you feel blue during the holidays. And if you’re facing the holidays without someone who was close to you, that’s an even bigger challenge.

Your *LifeSolutions* counselor will listen as you share your worries, lack of joy, and frustrations about the holidays. We can offer some ideas to help you take care of yourself, set limits, and explore ways of making the holidays at least bearable — and maybe even a little joyful!

Call *LifeSolutions* at 1.800.647.3327. It’s free and confidential.

Also, visit our website at [www.lifesolutionsforyou.com](http://www.lifesolutionsforyou.com), and click on *WorkLife* Log In, enter your company code. If you do not know your company code, call *LifeSolutions* at 1.800.647.3327. Use “holiday stress” in the Search category for articles and ideas on how to make the best of the holidays.

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