

Stress FUNdamentals

Take a holiday from stress

Week 6



Employee Guide

Ever wish you had some magical helpers to take care of all the extra holiday demands? Research shows more people become depressed or anxious during the holidays than at any other time of the year. The holidays may leave you feeling overwhelmed by added pressure, let down by unrealistic expectations and worried about money.

You may also have the added stress of end-of-year work deadlines—along with the holiday activity and preparations at home. Plus, healthy eating and exercise may be put on hold until they are added to your New Year's resolution list.

Week 5 offered a good bridge to this week's topic by helping you gain better work-life balance. Now you can take those skills a step further in Week 6 to help you greet the season in a whole new light.

Week 6 handouts

Have a happy, healthy holiday season – Learn the signs of holiday stress and healthy ways to manage it.

Put peace back into your holidays – Understand the triggers of holiday depression and how to cope.

How to weather the holidays when you're alone – Enlist support during the holidays when facing a stressful family situation.

Decking the halls without wrecking your budget – Set holiday spending goals and learn to budget.

Stress FUNdamentals Program Evaluation



BlueCross BlueShield of Texas

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Getting Started



Review Week 6 handouts

Take the skills you learned from last week's topic on work-life balance and use them as stepping stones to help manage holiday stress. The tips you learned in Week 5, along with this week's resources, can serve you well when striving to achieve balance during the busy holiday season.

Healthy season's "eatings"

Take part in a holiday potluck lunch at the office and consider bringing healthy dishes with plenty of fruits and vegetables, or lower-fat and lower-sugar versions of holiday treats. Looking for healthier options? Browse the *Eat Right* feature in the Personal Health Manager—one of our many online tools and resources from Blue Access® for Members. *Eat Right* will provide practical nutrition advice and preventive tips to avoid overeating or stress eating during the holidays.

Unwrap time and money

Save time by writing holiday cards during your breaks or by setting aside a few lunch hours for holiday shopping. Keep your entertainment budget under control by going to free holiday events in your community. If you tend to eat out at lunch, brown-bag it to save more money for holiday gifts or events.

A cheery New Year

Strive to make healthy New Year's resolutions that you can stick with. Want to stop smoking? Get the support you need by visiting the Personal Health Manager at Blue Access® for Members and beginning to participate in the online Tobacco Cessation program. If starting a fitness program is your goal, visit the *Get Fit* section on the Personal Health Manager. Not sure where to start? Turn to *Ask A Trainer* for advice.

Stress FUNDamentals doesn't have to end here.

Visualize success and stay positive. When you apply knowledge from this program and continue to put it into practice, you'll enjoy a happier, healthier outlook on life.