

# EAP Newsletter

DECEMBER 25

## Seasonal Challenges

### Return to your calm space this holiday season

The end of the year invites a natural pause and the opportunity to look back and acknowledge all that has unfolded over the year. For many, it might be a mix of highs and lows. As we reach the end of the year you might feel some added stress.

Busy calendars, family expectations, rising costs and the pressure to “finish strong” can stretch anyone thin.

It’s completely normal to feel a mix of joy and overwhelm at the same time.



### This season, a few simple habits can help steady you:



#### Check in with yourself with kindness:

Check in with yourself. How are you feeling? What have you overcome or learned this year?



#### Take short moments of rest to reset your energy:

You don’t need drastic changes to feel grounded. A short walk, a cup of tea in peace or journaling for five minutes can create space to reset.



#### Say no when you need to protect your space:

It’s okay to say no, step back or take time out when things feel too full.



#### Keep expectations simple and meaningful:

Focus on what truly matters to you, rather than what you feel pressured to do or provide.



#### Reach out if things feel too full:

Connecting with someone you trust can make this time feel lighter and less isolating.





## A moment to reset for the new year

Before 2026 begins, take time to think about what you want to carry forward and what you're ready to leave behind. Small resets can shift how you step into the year ahead:



Set one or two intentions.



Clear one small space to feel lighter.



Notice what you're grateful for.

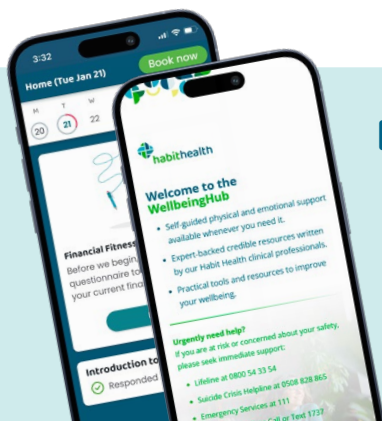
These small changes can help you feel more grounded and supported through a busy season.



### Want to learn more



Take 10 minutes to prepare for a calm and connected break. Our e-learning module shares practical tips on creating a meaningful holiday season: [CLICK HERE](#) or [scan the QR](#).



### Further support

Our **WellbeingHub** provides more in-depth information and resources – sign up at [wellbeinghub.co.nz](https://wellbeinghub.co.nz)

The **habithealth+** app supports you with round-the-clock motivation and reminders.

Download **habithealth+**



### Our team are here to help

If you need more support, **book an appointment online** at [eapservices.co.nz](https://eapservices.co.nz), by calling **0800 327 669** or by scanning the **QR code**



[eapservices.co.nz](https://eapservices.co.nz)