



Holidays are a time of fun and festivities. Many of us look forward to spending time with loved ones and friends and sharing celebrations. But for others, this can be a time of stress, conflict and loneliness.





Conflict with family members

Relationships can contribute to festive stress - especially when family and friends who are generally not part of your world are around 24/7.

The holiday season can increase anxiety, which can lead to disagreements among family members. This could be because of old issues not being settled properly or family that you don't get along with.

Conflict is often avoidable, but if it isn't, then it is possible to recover and maintain family relationships through authentic activities that repair the damage (Divecha, 2020).

On page 3, we have set out four strategies to resolve family conflict successfully. Please distribute this flyer widely to your staff.



Lack of self-care and wellbeing during the holidays

If you take care of yourself and control your emotions, chances are you will enjoy the festive season even more. Be kind to yourself. Keep things in perspective, and don't expect everything to always be perfect.

We have put together a little gift set, to guide you on how to take better care of yourself over the festive season.

Click on a gift to open it >



Or scan this QR code







Finances over the holidays

It's possible to spend more money during the holidays than you intend. Gifts aside, you could end up going out to dinner with friends more often or doing holiday activities with family. Spending more during the holidays isn't a terrible thing if you financially plan for it. It can feel stressful, especially if you don't have a surplus of funds.

To help you manage holiday expenses, one of our financial advisors has put together some guidance on wise spending over the holidays.

Take 5 minutes and watch our recording for some realistic advice presented in a fun way!

Click the laptop to view our video >



Or scan this QR code

Something new is coming! habithealth+

We're pleased to announce the upcoming release of our new app habithealth+, replacing the current EAPNOW App.

The app is designed to help prioritise wellbeing, and it's easy to download, onboard and use within minutes. The app works in tandem with professional support and features prompts and notifications to increase motivation.

With habithealth+ vou can:

- Manage your health on the move.
- · Customise notifications to boost motivation.
- · Manage regular check-ins.
- Book a session with a counsellor.
- Access support and advice.
- Integrate your device to access insights about your wellbeing.

Look out for more details in the **New Year!**



Our Counsellors are here to help;

Click to book online or scan the QR code >



or call 0800 327 669 to make an appointment

Healthy ways to resolve conflict with family over the festive season

1. Acknowledge the offence

Try to identify and understand any hurt you've caused. Whether intended or not, this is a valuable opportunity to dial down your defences and focus on how the other person is feeling.

Acknowledging the hurt is a powerful way to show humanity.

It can help to check your understanding, "Did I upset you? Help me understand how."

Your approach must be open and authentic; it risks escalating emotions unless heartfelt.

2. Express remorse

Sometimes, simply saying, "I'm sorry," is enough, or at least a good place to start.

Take care, though. Adding a comment, such as, "Well, you shouldn't have done X," weakens your expression of remorse, especially when dealing with children. They are learning from what you do – right and wrong.

Also, don't go overboard. Being too quick to say sorry or going over the top with an apology can make it more about yourself than the person hurt.

3 Offer a simple explanation

If the other person is ready to listen (neither too upset nor too angry), a brief explanation can clarify the thinking behind your actions.

Remember to focus on the other person's experience rather than a litany of excuses for poor behaviour. Avoid using this as an opportunity to add grievances or assign blame for issues that have arisen recently.

4. Learn and practice expressing your intentions to fix the situation and stop it from happening again.

Be sincere. Say that you are sorry and mean it.

There is little point in apologising and recovering from conflict if you intend to repeat the behavior.



