

# EAP Newsletter DEC 23

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.

**At EAP, we have identified three areas that most people find challenging and act as triggers for a less enjoyable festive season.**



## **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.**

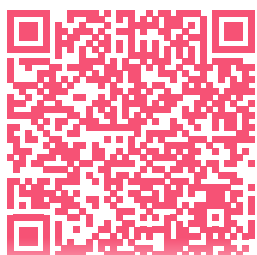


## **Lack of self-care and wellbeing during the holidays**

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**





## 3 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+

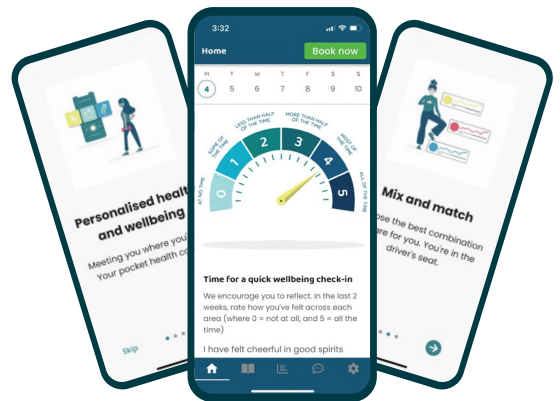
We're pleased to announce the upcoming release of our new app habithealth+, replacing the current EAPNOW App.

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+ you 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



[Book online here](#)

