



## HOW DO I ACCESS EAP?

To arrange a confidential telephone, in-person, video or e-counselling appointment anytime, scan the QR code, telephone our number or visit our website

NZ [0800 327 669](tel:0800327669)

[www.eapservices.co.nz](http://www.eapservices.co.nz)

AU [1800 726 474](tel:1800726474)

Intl [+64 9 353 0906](tel:+6493530906)

2017 e-FLYER No:24



*Take time  
to look  
at a new  
year in a  
positive  
way*



List down your New Year's resolutions, focusing on the positive and eliminating the negatives.

## How to thrive not just survive the holiday season

**Walk away from worries** - If you start to feel overwhelmed by the holiday chaos go for a 30 minute walk. Walking has a positive effect on your brain, and it decreases anxiety and improves sleep.

**Put aside perfection** - Don't be obsessed with over doing it all. If your home is a little cluttered or dinner is on the table a few minutes late - relax. Focus on enjoying the people around you and in your life. We often go overboard seeking to please others during the holiday season - do less, enjoy more.

**Set goals** - Divide your goals into small slices so that you don't feel overburdened as you work towards your ultimate goals. This will help focus you on your life dreams and motivate you towards achieving them. A tip: share your goals with others and others will then support you in achieving your goals.

**The value of a smile** - Smiling is a sure way of helping you stay positive. . . . even if you don't feel like it. Smiling changes your brain and body in healthy ways and encourages you (and others) to stay positive. Pass on a smile - It costs nothing, but creates so much. Wear a smile at Christmas.

**Share your achievements** - Remember it is important to share your achievements and success with others, no matter how small, because doing so will help you realise that change is possible and you can be successful.



**Take time to appreciate the small things** - If someone makes you a cup of tea, make them the next one. Actually make them the next two, surpass their expectations and watch them smile.

**Give up some of your time** - If everyone does a little, nobody has to do a lot.

**Say thank you** - It costs nothing, doesn't take much time and has many benefits. People enjoy being appreciated and the memory lasts.

**Power of gratitude** - The season is also a time to reflect and be grateful about the good things that you and your family have experienced in the past year. Research shows that those who practice gratitude consistently have a stronger immune system and lower blood pressure . . . and are more alert, awake, alive and optimistic about their lives. Be grateful for people and things that are gone but stay with you forever because you keep them in your gratitude.

## Take a social media holiday and take a break from the screens!

No matter what you do, who you are or how old you are... you may need a social media/device detox.

Control your social media and screen time, so it doesn't control you... so here are some simple tips!

- Try staying off-line for the first and last two hours of your day... and especially during meal times
- Set rules around when to use/not use... and tell others!
- Login only when you have a specific reason
- Only have social media on one device (and not your phone)
- Practice talking to others (vs. txt or email)
- Turn off all notifications and alerts
- When exercising unplug and start looking up
- For birthdays and special events try mailing a personal card instead posting on social media



**Don't look in the rear-vision mirror or at what's going wrong.**

Focus on the positive aspects of where you want your life to be and your year to go.

There are good things happening around you, but it's up to you to open your eyes and look for them. Stay focused.

## Winning Holiday Tips

The following are tips to help manage stress and set appropriate boundaries around holiday times:

**Remember what's important** - Holidays are a time to enjoy friends and family. Celebrating with loved ones is more important than the food you eat or the decorations you buy. Don't try to compare yourself with that perfect neighbour.

**Plan and budget** - Plan ahead and resist over committing yourself so you don't get overwhelmed. Make a list of the things you need to do and do them in order of importance. Buying food, presents and decorations can add up. Figure out what you can afford and stick to it. Set expectations with your children. If they are asking for pricey gifts, use this as an opportunity to talk with them about the value of money.

**Take time for yourself** - Usually people enjoy themselves more when their stress levels are low. Take the pressure off and remind yourself that things do not have to be perfect. Go for a walk. Listen to music. Practice meditation. When you take time to care for yourself, you may feel better and so will those around you.

**Realistic expectations** - If something doesn't go your way don't fret. It may make a fun memory. Mistakes are bound to happen, so accept them and carry on. It's a great time for you to practice your 'flexible and resilient' skills.

**Make connections** - Holidays are a great time to reconnect with family or friends. Maintaining good relationships is good for you. You may want to have someone to lean on when you are feeling stressed or offer that to someone else. Use the holidays as a time to teach your children about building lasting relationships.

**Start new traditions** - If old traditions are stressful, try something new. Get family and friends moving with a physically active game indoors or outdoors. Go for a walk as a group. Volunteer with your family at a local charity. Helping people in need is a good way to connect with others and ease stress. It is also a good life lesson for your children to be more appreciative of what they have.

**Remember** - The elderly are at increased risk of suffering isolation and loneliness over the holiday period. Remember to visit and check in on elderly people who may desperately be in need of company and support.

**Consider cashing in credit card rewards for gifts**  
If you're no stranger to the plastic, turn the problem into the solution by cashing in your credit card rewards points for some gifts. You'll be surprised at the sort of things you can pick up, and it's an easy way to check a few boxes off your shopping list.

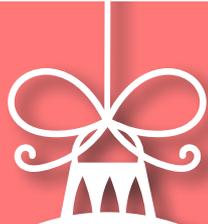
It is not uncommon to feel anxious at this time of year. You can access EAP support at any time throughout the whole of the holiday period – our services are truly available 24/7 x 365 days.

Please contact us at any time to arrange a confidential telephone, e-counselling, video or in-person appointment.

NZ 0800 327 669  
AU 1800 726 474

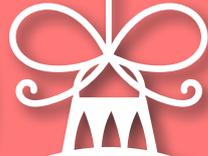
[www.eapservices.co.nz](http://www.eapservices.co.nz)  
Intl +64 9 353 0906

## Christmas messages from some of our EAP employees



Remembering what's important and that's telling our families and friends that we love them by giving them our focused attention. Attention says, "I value you enough to give you my most precious asset – my time." When you give someone your time, you're giving them a portion of your life that you'll never get back. You can always make more money, but you cannot make more time.

**Nicky Holden**  
Professional



Bit somber but that's life.. Self-Compassion: For some Christmas can be a painful reminder of loss. Plan the day. Include for yourself a treat and perhaps some symbolic way of connecting with loved ones. On Christmas acknowledge any hurt, breathe. Gently bring yourself back to the present by giving your treat whatever it maybe, the full attention of your sensory experience.

**Amy Prebble**  
Northland Regional Manager



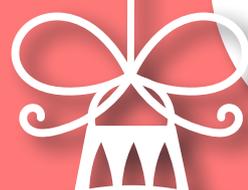
When I think of Christmas I think of my cousins charging up the driveway with a cricket bat and ball in hand. I know that by the time the sun goes down there will have been many hours spent on the middle of our backyard with grandparents, aunts and uncles intermittently joining in to be a part of the competitiveness of our traditional family backyard cricket match.

**Khan Richardson**  
Professional



Fakatauange ketau ma'u ha Kilisimasi fiefia mo ha ta'u fo'ou monu'ia – May we all have a Joyful Christmas and a Happy New Year. Fakatauange ketau ongo'i 'Ofa, Melino mo Fiefia he koe Laumalie ia 'o e Christmas – May we feel the love, peace and joy that comes with the spirit of Christmas.

**Tokilupe Mahe**  
Professional



One Christmas tradition which I enjoyed most was going out to cut down the Christmas Tree. Our entire family would bundle up and even the dog came bouncing along. Once it was cut down we would load it onto either a horse drawn sleigh or tractor. Once the tree was up, the final decoration was the star on top. I was often given the privilege of placing it on top while someone held me 30 cm high. What a serene ending with only the glow of the fire and the glow of the beautiful coloured lights surrounding our masterpiece. Merry Christmas to all, and to all a good night.

**Janet Dickenson**  
Professional



Warm and sincere wishes to you and your family for health and happiness throughout the holiday season.

**EAP Team**