

KEEPING WELL DURING THE HOLIDAY SEASON

After a challenging year, it will be important to take extra care of our health and wellbeing while we navigate the busy holiday period. Follow these practical tips to help you enjoy your time while keeping well:

- ✓ **Practise the attitude of gratitude**
- ✓ **Nurture your relationships**
- ✓ **Stay connected with your health goals**
- ✓ **Manage your own expectations**
- ✓ **Use social media mindfully**
- ✓ **Seek help early if you're struggling**

If you're feeling overwhelmed, or haven't been feeling like yourself, it's important to ask for help, emotionally and practically. You can seek professional help from your GP, or contact us as your EAP Provider and speak to one of our professional and experienced counsellors.