

OPTIMA EAP THOUGHT OF THE WEEK - 12/06/10

“As we struggle with shopping lists and invitations, compounded by December's bad weather, it is good to be reminded that there are people in our lives who are worth this aggravation, and people to whom we are worth the same.”

~~ Donald E. Westlake

This holiday season make sure to take care of the most important person on your list – YOU!

- Take the time and create the opportunities to connect with the people and the moments that this time of the year affords. The holidays can be a struggle if your focus and meaning are highlighted in all the wrong places.
- Even though you may get your “to do” list accomplished, simply going through the motions drains your energy and spirit. Ease up on expectations and only do those things that you truly enjoy. Don't try to imitate Martha Stewart. Remember, she has an enormous staff that does her decorating and cooking.
- Use your resources ... call ahead for availability of an item to avoid unnecessary trips. Use catalogs or shop online. It is much more restful to shop when you can do it in your pajamas with your feet up.
- Get plenty of sleep, eat right, and maintain your regular exercise routines. How can you enjoy the festivities if you are weak or exhausted?
- Share the load. Ask for help. Involve your children, spouse, and others. It can become a source of new traditions to involve the family or close friends in the preparations.
- Focus on the blessings you have and think of them often. A positive attitude bolsters your spirits and makes the season more fun.

Give yourself a wonderful gift – take care of yourself so that you can be present to the wonders, delights, and joys that are the most precious gifts of the holiday season.



EAP Thought of the Week is developed exclusively for Optima EAP Clients by the Optima EAP Employee Education and Development Staff.

Optima EAP is available to provide assistance when one is faced with challenges in home or work life. Please call to schedule a confidential appointment with one of our licensed clinical professionals. 1-800-899-8174 or 757-363-6777

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