



Managing Holiday Stress



The holidays can be stressful—and stress can impact your safety, focus, and overall well-being. Stay on track with a few simple habits.

Nourish Yourself

Make healthier food choices with support from others. Stay consistent—don't skip meals. Fuel yourself with vegetables, fruits, and protein. Be selective with treats; savor only what you love.

Strengthen Your Body

Exercise is a powerful stress-buster. Try holiday-themed activities, add extra steps while shopping, embrace winter weather, or incorporate resistance exercises at home.

Soothe Your Mind

Practice deep breathing to calm your body. Share laughter and joy. Find stress management practices that work for you. Remember: slip-ups happen. Be kind to yourself.

Ground in the Now

Trust yourself—you're in control. Be present in each moment. Reframe negative thoughts: "This is more than I can handle" becomes "I'll give it my best shot."

Source: Teladoc Health

LIFE CAN BE TOUGH, BUT GETTING HELP IS SIMPLE!

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