

# THE WORKPLACE WELLNESS HOUR

## FACTSHEET

by Sumana Jeddy, Ashley Fluellen & Felipe Cofiño

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### WWH Topic

#### CONFRONTING POST-HOLIDAY MENTAL STRESS!



### Strategies Shared

#### Strategies to Confront Post-Holiday Mental Stress:

##### 1. Reflect and Reset:

Take some time to reflect on the holiday season, acknowledging both the positive and challenging moments. Set realistic expectations for the post-holiday period, understanding that the transition can be challenging. Use this time for personal introspection and goal setting.

##### 2. Establish a Routine:

Returning to a regular routine can provide a sense of stability and control. Create a schedule that includes work, self-care, and leisure activities. Consistency in your daily routine can help ease the post-holiday transition and provide a structured foundation for your well-being.

##### 3. Prioritize Self-Care:

Dedicate time to self-care practices that nurture your mental and emotional health. Whether it's mindfulness exercises, yoga, reading, or simply taking a walk, prioritize activities that bring you a sense of calm and relaxation. Taking care of yourself is crucial during this period of adjustment.

##### 4. Connect with Others:

Reach out to friends, family, or support groups to share your post-holiday feelings. Many people experience similar challenges, and talking about it can provide relief. Social connections can offer understanding, empathy, and sometimes even practical solutions to help you navigate through this period.

##### 5. Set Achievable Goals:

Break down your post-holiday tasks and responsibilities into smaller, manageable goals. Accomplishing these smaller objectives can provide a sense of achievement and prevent overwhelming feelings. Celebrate your successes, no matter how small, and gradually work your way back into the usual pace of daily life.