



Psychological
Health
Roanoke, PC

Advantage EAP

Employee Assistance Program

December 2010

In This Issue

How to Enjoy a Stress-Free Holiday

- Causes of Holiday Blues
- Symptoms of Stress
- Strategies for Dealing with Holiday Stress
- Holiday Money Management Tips
- How Advantage EAP can Help

Advantage EAP offers expanded hours in the New River Valley!!!

Advantage EAP has added additional hours in Radford at 22 Montgomery Street.
Call 1-800-699-9396

How to Enjoy a Stress-Free Holiday



As the holidays quickly approach us, it's important to be reminded of the ways that you can not only enjoy the holidays, but also be stress-free. Our annual newsletter on how to enjoy a stress-free holiday will help you to gain knowledge about the causes and symptoms of stress, as well as how to deal with stress in a productive and meaningful manner.

Take control of the Holidays, Instead of them controlling YOU!

Causes of Holiday Blues:

The following are some causes of Holiday blues and stressors:

- Time of assessing our life
- Fear of disappointing others
- Expecting gifts to improve relationships
- Good and bad memories
- Anniversary reactions
- Unrealistic expectations
- Magical thinking
- Emotional amplification
- Seasonal Affective Disorder (SAD)- which indicate depressive symptoms during the winter months due to fewer hours of sunlight as the days grow shorter

Symptoms of Stress:

It is important to note the symptoms of stress so that you, or someone you know, may realize that they may be under stress. Some of the symptoms that accompany stress include:

Fatigue
Insomnia
Depression
Anxiety
Frustration
Increased health problems
Marital conflict

Helpful online Resources may be found at the bottom of this newsletter.

Locations:

2727 Electric Road, Ste 100
Roanoke, VA 24018

200 Professional Park Drive
Unit 1
Blacksburg, VA 24060

Alleghany Regional Hospital
1 ARH Lane, Room 529
Low Moor, VA 24457

22 Montgomery Street
Radford, VA 24141

Contact Us:

Hours: Monday – Friday, 8:30-5:00pm. Evening hours are available on a limited basis.

(540) 989-6605 or 800-699-9396

Nights and weekends call
RESPOND:

(540) 776-1100 or 800-541-9992

Advantage EAP does not necessarily endorse any products or services mentioned

Social withdrawal
Inability to enjoy yourself

Stress is linked to 6 leading causes of death in the United States. Each year Americans spend billions to fight symptoms of stress. Most doctors visits (75-90%) are stress related. These statistics can be startling to some people, but should be used as a warning for others to help deal with stress when it first arises, rather than later.

Strategies for Dealing with Holiday Stress

The following are some strategies for dealing with Holiday stress:



- Be realistic
- Drink less alcohol
- Have a spending limit and stick to it
- Don't expect everything to go exactly as planned
- Recognize and work with your weaknesses
- Set aside time before you react to situations
- Consider the worst-case scenarios
- Have sources of support
- Give yourself extra-special care
- Get some exercise

Holiday Money Management Tips:

- Have a set pre-set limit to spend and don't go over this!
- Write out a task/time schedule and stick to it!
- Avoid last-minute purchases
- Avoid "guilt" purchases
- Keep receipts for all purchases and return the gifts you don't want
- Remind yourself what it will be like making credit card payments after the holidays

How Advantage EAP can Help:

Making sure that you deal with your holiday stress is very important. It's important to make sure that you relax during this time, and take a break for yourself. If you find yourself feeling sad or in a depressed mood for 2 or more weeks, it is important to seek help as soon as possible. If you also notice changes in appetite or sleep, increased irritability, less interest in daily activities, or problems in concentration or focus, getting help is extremely imperative. Holiday stress can be overcome; it is just a matter of taking time to realize how!

Advantage EAP is a benefit provided by your employer. There are counselors with Advantage EAP who have the training and experience to help with a variety of issues.

Please contact your Advantage EAP at:

(540) 989-6605 or 800-699-9396

Or visit our website at: www.psychhealthroanoke.com
Or our Blog at: <http://psychhealthroanoke.blogspot.com/>

Helpful Online Resources:

- 1) <http://www.mayoclinic.com/health/stress/MH00030>
 - 2) <http://www.stressdoc.com/holiday.htm>
 - 3) <http://www.suite101.com/content/15-ways-to-reduce-holiday-stress-a309151>
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