

# Holiday Wellness

## Offering strategies to alleviate holiday stress

The holiday season is a time for celebrations, gift-giving, and reconnecting with loved ones. But the season can also bring added stress due to high expectations to have that perfect holiday.

Now more than ever, it is important to maintain mental strength and resiliency during the upcoming Holiday Season.

### Your Employee Assistance Program

**24/7 access** to EAP counseling services and online resources for you and your immediate family members.

National EAP offers self-guided support tools through our **Member Portal** and our AI-powered app based on Cognitive Behavioral Therapy (CBT).

### NEAP Tips for the Holidays:

- Respect everyone's comfort levels
- Be willing to say "no" if you don't want to attend an event
- Be empathetic with others
- Plan ahead and set priorities
- Reach out for support
- Practice positivity
- Let go of things out of your control
- Include wellness in your daily routine



### Need Help?

CALL : 1-800-624-2593

[Log On to the Member Portal](#)

### How Can National EAP Help?

#### ► [Wysa: Mental Resilience App](#)

Download Wysa, our CBT-based app that offers AI-powered chatbot, for personalized emotional support, and 150+ self-care tools.



#### ► [Work-Life Resources:](#)

Referrals to local care providers to include family childcare, daycare centers, nannies, etc.

[Contact us today!](#)



### NEAP Member Portal

#### [Log In To Your Member Portal](#)

Your company name is your username and password.



### Navigate to Useful tools by:

- Using the search feature to find articles and resources related to:
  - Stress, Resilience, holidays, and more!
- Exploring the "wellness tab" for tips and tools or view the "self-help" tab and explore articles on grief and loss
- Searching for the following articles:
  - Understanding Stress and Building Resilience
  - Make the Holidays Your Own
  - Keeping Holiday Stress at Bay
  - Planning Ahead for the Winter Holiday Season

