



STAYING BALANCED DURING THE HOLIDAYS

Let Joy, not pressure, lead the way

The holiday season is meant to be filled with joy, connection, and celebration, but, it can also leave even the most grounded person feeling stretched thin. Between family obligations, work schedules, and financial pressures, balance can feel out of reach. Below are some practical ways to stay centered to truly enjoy the holiday season.

1. Protect Your Time

Give yourself permission to say “**no**” when needed. Every event or request doesn’t require a “yes.” Remember: your energy is limited and precious.

2. Keep Healthy Routines

Stick as closely as possible to your normal sleep, nutrition, and movement routines. Even short walks or ten minutes of stretching can help reduce stress and boost mood. Skipping meals or rest to “fit everything in” often backfires.

3. Manage Expectations

Let go of the idea of a “perfect” holiday. Plans can change and people can disappoint you. Focus on creating moments of connection rather than perfection.

4. Budget with Intention

Financial stress is one of the biggest holiday stress triggers. Set a spending limit before the season starts and stick to it. Consider thoughtful gestures and shared experiences instead of a purchased gift.

5. Build in Quiet Moments

Balance social activities with time for stillness. A few minutes of calm/quiet can reset your nervous system. Give yourself the same kindness and care you offer others.

6. Reach Out for Support

If the holiday season brings up sadness, loneliness, or anxiety, reach out to a friend, or trusted confidant. Your AFA EAP is always available for confidential support. They can be reached at

800-424-2406. You can also find your local EAP committee members at
www.afacwa.org/your_local_eap_rep