



The Lexington Group, Inc.
Your Employee Assistance Program

Managing Stress and Grief During Holidays

Experiencing stress and grief during the holidays can be difficult to navigate. Coping with these feelings involves reducing stressful situations, setting realistic expectations, honoring a loved one you've lost, practicing self-care, and knowing when to ask for help.

Holiday Stress Tips

To avoid holiday stress, prioritize your well-being by maintaining healthy habits like getting enough sleep, eating balanced meals, and exercising regularly. It's also crucial to manage expectations, avoid over-scheduling by learning to say no, and setting a budget for gifts. Taking short breaks for activities, such as listening to music or engaging in a hobby you enjoy, can help manage stressful moments. When you feel overwhelmed, take short breaks to step away and recharge. Use deep breathing exercises, meditation, or yoga to calm your mind. Set a budget for gifts and stick to it. Consider homemade or inexpensive gifts to reduce financial stress. Limit social media and be aware of how it affects you by adjusting your time online.

Expectations and Traditions After Losing a Loved One

Recognize that this time of year can be difficult after losing a loved one and acknowledge that the holidays will feel different. Examine the tasks and events of celebrating and ask yourself if you want to continue them. Set realistic expectations for yourself. One way to start is to adapt existing traditions or start new ones. You don't have to do everything the same way you always have. Let others know what you can and cannot handle. Some people find comfort by honoring traditions, while others find them unbearably painful. Discuss with your family the activities you want to include or exclude this year. Share your plans with family and friends and let them know of any changes in holiday routines.

Honoring Your Loved One

Memories can be a source of comfort to the bereaved. Share them by telling stories and looking at photo albums. Light a candle, set a special place at the table, or make a charitable donation in their name. Surround yourself with people who love and support you. Place a special object or an empty chair at the table to honor their presence or invite a guest who might otherwise be alone for the holidays. The most important thing to remember is there is no right or wrong way to celebrate the holiday season after the death of a loved one. The best coping mechanism for the holiday season is to plan ahead, get support, and take it easy.

Take Care of Yourself

Allow yourself to feel joy. Intentionally do things that bring you moments of peace, like listening to music or enjoying a hobby. Take care of your physical health. Try to stick to your normal routine as much as possible and take moments to relax. If you feel stressed, try deep breathing exercises to calm your body. Do not isolate yourself. While taking time for yourself is important, try to stay open to receiving support from others.

Know When to Ask for Help

If you experience persistent symptoms like agitation, a dramatic change in appetite, difficulty concentrating, or fatigue for two or more weeks, it may be time for help.

The Lexington Group Employee Assistance Program (EAP) is here to help. Our licensed professionals provide confidential support and practical tools to help you manage emotional stress, anxiety, and how to cope with feelings of grief and loss. Reaching out can make a meaningful difference.

Visit the Lexington website at www.the-lexington-group.com, scan the QR Code, or call **1-800-676-4357 (HELP)** to request support.

How The Lexington Group Can Help

The Lexington Group can help set up confidential Online or Face-to-Face Counseling.
Request service and find out additional information at: **The-Lexington-Group.com**

For 24/7 support call:

UNITED STATES
1-800-676-4357

TTY
1-800-955-8339

