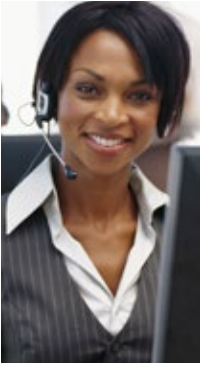




BalanceWorks® Newsletter

December 2015 | Written by the work/life experts at eni



Find Your Joy

The holiday season has become synonymous with stress, hectic scheduling, overspending, and fatigue. It's time to change that! Remember when you were a kid and the holidays brought so much fun, anticipation, and excitement? This year, bring that feeling back, by finding your joy.

First, it's important to identify and mitigate potential stressors early in the season.

Money

People tend to overspend during the holidays between decorating, buying gifts, and hosting gatherings. To alleviate money stress, make a holiday budget and stick to it! Figure out how much you can afford to spend and then designate a certain portion of the budget for each category. For example, \$50 on new decorations, \$500 on gifts, and \$200 on food and drinks for that New Year's Eve bash you are throwing. By sticking to a budget you ensure that you spend only what you can afford to and there are no unexpected bills to ruin your holiday fun.

Scheduling

During the holiday season people have

countless obligations – celebrations with family, gatherings with friends, work events, shopping, wrapping gifts, cooking, etc. Sometimes, this can be overwhelming and leave people feeling tired and stressed. The solution is simple, but can be so difficult – just say no. Remember, you do not have to accept all invitations; everyone will understand if you politely decline. If you are busy and feeling overwhelmed, simply pick the top 3 festivities you would like to attend and decline the rest.

In addition, it may help to schedule specific times to fit in activities that are not part of your normal routine. For example, set aside one evening to make some hot cocoa and wrap all your presents. Designate two Saturday mornings to get all your holiday shopping done. Ship the kids off to Grandma's the day before that holiday party you are throwing, so you can prep everything. This technique will save you from being overwhelmed by last minute tasks.

Finding Joy

Now that you have ensured that the holidays will not bankrupt you and

For more information or support on finding your holiday joy contact the work/life experts at **BalanceWorks®** by calling:

1.800.327.2255

eni's BalanceWorks® program is a confidential 24/7 service provided by your employer to help achieve work/life balance.





that you will not be completely overwhelmed, what's next? Simply focus on the aspects of the holiday season that bring you the greatest joy and revel in those!

Focus on Traditions

Holiday traditions are such a wonderful way to connect to your past, bond with family, and provide fun things to look forward to each year. It's wonderful to incorporate some of your favorite holiday traditions from your childhood into your life now and pass those along to your children. If you are in a relationship, ask your partner about their holiday traditions and incorporate those into the season as well. Finally, it's so fun to create new traditions with your family.

Sometimes you do something fun one year and everyone loves it so much that you make it a tradition that everyone looks forward to. Also, remember that traditions do not have to be big, intricate affairs. They can be as simple as singing carols around the glowing menorah or baking cookies for Santa or as elaborate as planning a big white elephant gift exchange party for the entire extended family.

Quality Time with Loved Ones

We tend to focus on how busy we are during the holidays, but if we use the tips and tricks discussed earlier, we can instead focus on spending our time with those we love. Many people have or take at least a few days off during the holidays and children tend to be off from school. Use this time to focus on your family and/or reconnect with friends. People have busy lives,

so use the time away from work or school to focus on what's really important, spending time with loved ones.

Drink in the Lights

There is nothing quite like the sights and sounds of the holiday season. There are sparkling lights, dazzling decorations, fun themed events, and beautiful music everywhere. Many venues offer spectacular light shows, make a point to check one out. If you live in an area of the country that is typically warm, many theme parks offer a "winter wonderland" effect where you can go experience "snow", ice skating, etc.

Give Back

During the holiday season many people reflect upon how lucky they are. Also, remember that some people are not so fortunate. Make an effort to give back and help those less fortunate have a wonderful holiday as well. There are so many ways to give back; you can donate your time, money, toys, or clothes. Helping others feels so good!

Embrace the Season

Remember what the holiday season is all about, joy! Regardless of belief, religion or traditions the holiday season is about pure love, gratitude, and happiness and celebrating the New Year is about growth and renewal. By focusing on family, friends, and the true meaning of the holidays for you, you will find that joy!

Happy Holidays!!

For more information on finding your holiday joy contact the experts at BalanceWorks®

by calling

1.800.327.2255

eni's BalanceWorks® program is a confidential 24/7 service provided by your employer to help achieve work/life balance.