



**OneTGH  
EMPLOYER  
SOLUTIONS**



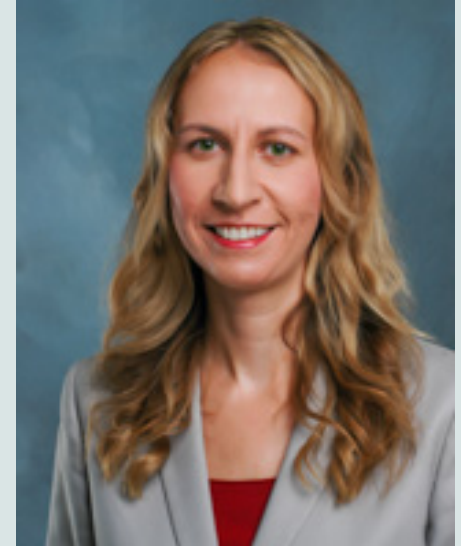
## Holiday Stressors Q&A

### **What are some stressors/blues that are seen during the holiday season?**

We commonly see individuals that are stressed due to hecticness during this time of year. Individuals may also be coping with loneliness or grief during the holidays. For someone that is grieving this can be especially a hard time of year as the holidays stir up cherished memories. The holidays can be a combination of both joy and stress.

### **How can these stressors negatively affect your health and well-being?**

Stress can cause muscle tension, chest pain, racing heartbeat, headache, dizziness, jaw clenching, upset stomach or bowels, diarrhea, constipation, nausea, loss of appetite, or overeating.



Dr. Angelica Acree

### **What are some positive ways of dealing with holiday stress?**

- Physical activity for twenty minutes helps.
- Deep breathing (breathe in deep, hold in for five seconds, then blow out slowly). This is an easy way to slow down and press the reset button.
- Sometimes filling our plate with too many tasks adds unneeded stress. Prioritize activities that are most important for you to accomplish this holiday season (i.e., bake cookies with family or holiday dinner with family/friends). Set boundaries.
- Do a virtual meet with family and friends if away during the holidays.
- Continue those cherished traditions that were shared with a loved one who passed away.
- Volunteering and doing for others.
- Make time for yourself. Go out and have coffee with friends or family, take a walk just for you, eat out at your favorite restaurant.

By Angelica Acree PhD CBIS, TGH Clinical Psychologist

### **What are resources to share with your workforce that are available for handling stress?**

- **TGH Virtual Health: Behavioral Health**
- **OneTGH Mental Health Workshops and Seminar Series**
- **Mental Health First Aid Training**
- **Free Apps: Tampa Well, Calm, Breath2Relax, Headspace, Thought Challenger**
- **Call 988 or 211 which are both crisis hotlines**
- **Contact your employer EAP**

For more information, contact us at [OneTGH@tgh.org](mailto:OneTGH@tgh.org) or (855) 844-8743.

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