



Holiday Survival Kit

We are Here to Help.

Remember that you are never alone. Here are some useful resources to help empower and support yourself and your loved ones.



Stay Connected During The Holidays

You may not be physically together with your family and loved ones this holiday season, but you can still honor holiday traditions and stay connected during these challenging times.

There are so many ways to stay connected. When you're thinking about holiday rituals and adapting to current circumstances, think about how you can recreate a remote version of meaningful moments you have shared in the past.

- Acknowledge that things are different this year. Plan ahead so you can stay connected in a safe way.
- Be mindful of expectations and remember that circumstances change and things are different every year.
- Look at this year's challenges as an opportunity to start new traditions and rituals. You may find new ways to add meaning to your holiday.
- Try and be flexible in your thinking. Adjust to find what works best for you and your family.

While sharing time with each other virtually may not be ideal, it is a nice way to still feel close while being physically apart during the holidays. Seeing familiar faces during this time can be comforting.

- Mail out holiday cards instead of sending an email. The heartfelt sentiments in hand will be worth it.
- Make the favorite foods of your distant family members.
- Use decorations that remind you of your loved ones.
- Call or Skype your family or friends and share your favorite holiday memories, photos, etc.
- Trade your favorite recipes online or share a meal together via Zoom or another virtual platform.
- Play games or try doing fun activities together online. Trivia night, dancing, karaoke, charades are examples.

Helpful Links

- [12 Ways to Have a Healthy Holiday Season](#)
- [5 Tips on Healthy Holiday Habits](#)
- [Making the Holidays Safe](#)



Contact Uprise Health

Call: 800.395.1616

Visit: members.uprisehealth.com



Helping Kids Through the Holidays

With the holidays fast approaching, you may be feeling worried about how you can help your child cope with some difficulties they may face during the holidays. Here are a few ideas to help your kids through this holiday season.

Celebrate Family Traditions. Family traditions give children the connection and stability they crave. Even during uncertain times, they're a foundation for hope and reassurance.

Maintain Normal Routines. Even though kids are home from school and have more free time, it's still important for them to have some structure to their day. Routines provide a sense of safety, control, and predictability.

Make Time to Play. A family craft night gives kids an opportunity to connect and feel creative. There are so many fun and inexpensive holiday activities that you can do at home. Play allows kids to make mistakes in a safe and comfortable environment and develop problem solving skills.

Holiday Activities for the Kids

Make Holiday Treats. Although you may not want to keep too many treats in the house, you can always share with others that would appreciate the kindness of homemade treats.

Pinecone Decoration. This kid-favorite is super simple. Let your child hunt for a pinecone, then slather it in glue, glitter, paint, beads, etc. Let them pick a special place to show off their new creation.

Friendship Rocks. Rocks, paint, and some creativity are all that are required. Take your decorative rocks with you for a walk and leave them for friends and neighbors to enjoy.

Create a "Thankful Jar." Decorate a "thankful jar" and have the kids fill it with things they are thankful for. Take turns reading them during holiday dinner

Helpful Links

- [How to Help Kids Cope with the Holidays](#)
- [Fun and Easy Holiday Activities for Kids](#)
- [Managing Holiday Disappointment with Kids](#)



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Managing Holiday Stress

The kids are home, money's tight, and you're trying to juggle the demands of work and family without letting anything slip through the cracks. Is it finally the holidays? Holidays are supposed to be a special time when family and friends come together to celebrate, but many of us may celebrate alone. Things are different for all of us during the holiday season and these changes can trigger feelings of loneliness, anxiety, and stress. The EAP is here for you and your family and includes a variety of counseling and online wellbeing resources to help you feel emotionally and physically balanced during this challenging time.

Maintain a Routine. Even though your regular routine has been disrupted, you can still have some structure to your day. Create a realistic schedule with times set aside for important activities like work time, school time, screen time, exercise, and free time. Try to maintain your normal sleep schedule. It can help you function better during the day, stabilize your mood, and give a boost to your immune system.

Keep Moving. Although it might be tempting to binge-watch all of your favorite holiday movies, too much screen time and sitting can make you cranky, bored, and irritable. Make time to be physically active every day, even if it's just a short socially distanced walk. It'll help reduce your stress give you a healthy burst of endorphins to improve your mood.

Schedule Downtime. No matter what time of year it is, taking the time to rest and rejuvenate is always a good idea. Have an in-home movie night with your family. Take a nap. Make sure each family member has scheduled "me" time for some peace and quiet.

Stay Positive. Even if this moment seems stressful, can you find a way to make it pleasant? Connect with someone else in a postive way with a kind gesture, or try to notice what's around you with fresh eyes and an open mind. Even though the holidays are stressful, try and remember to laugh. Laughter is the best medicine and it's free.

Helpful Links

- [5 Tips for Coping with Holiday Stress](#)
- [Mindful Tips to De-Stress this Holiday Season](#)
- [Self-Care Tips to Get You Through the Holidays](#)



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Seasonal Affective Disorder (SAD)

Seasonal affective disorder (SAD) is a type of depression that's related to changes in seasons—SAD begins and ends at about the same time every year. Symptoms may start out mild and become more severe as the season progresses.

If you're like most people with SAD, your symptoms start in the fall and continue into the winter months, draining your energy and making you feel moody. Less often, SAD causes depression in the spring or early summer. Don't brush off that yearly feeling as simply a case of the "winter blues" or a seasonal funk that you have to tough out on your own. Treatment for SAD may include light therapy (phototherapy), medications, and psychotherapy. Take steps to keep your mood and motivation steady throughout the year.

Signs and Symptoms of SAD

- Feeling depressed most of the day, nearly everyday
- Losing interest in activities you once enjoyed
- Having low energy
- Having problems with sleeping
- Changes in your appetite or weight
- Feeling sluggish or agitated
- Having difficulty concentrating
- Feeling hopeless, worthless, or guilty
- Having thoughts of death or suicide



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It's normal to have some days when you feel down. But if you feel down for days at a time and you can't get motivated to do activities you normally enjoy, contact your Employee Assistance Program (EAP). If you don't have an EAP, contact a doctor. This is especially important if your sleep patterns and appetite have changed, you turn to alcohol/drugs for comfort or relaxation, or you feel hopeless.



We Are Here to Help

EAP benefits are available to all employees and their families at NO COST to you. The EAP offers confidential advice, support, and practical solutions to help you through your grief and loss. You can access these confidential services by calling the toll-free number below and speaking with our care team or accessing online.

Short-Term Counseling

For a deeper level of support, members can request short-term counseling by calling Uprise Health. Our nationwide provider network of more than 60,000 counselors can be filtered by criteria including geography, clinical specialty, cultural background, and other preferences, to ensure a perfect fit for you. After speaking with our care team, you will be provided with a list of providers. You can schedule an appointment yourself or ask the care team for assistance scheduling.

24-hour Crisis Support

During business hours, members who are in crisis are connected with an Uprise Health clinician who will stabilize your situation and refer you to appropriate support. After-hours calls are answered by behavioral health professionals located within the U.S. If you are in life threatening situation, please call 9-1-1 as you would do for any other medical/life emergency.

Online Peer Support Groups

As part of your EAP program, you can request up to 10 online peer support groups where you will have a safe and confidential place to speak with others who have similar issues. Please call Uprise Health and speak with our care team to learn more about the Grief and Loss support group.



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