

Stress FUNdamentals

Take a holiday from stress

Week 6



Employer Guide

Just when life is stressful enough, along come the holidays adding an additional layer of pressure to busy lives. Mental Health America asked more than 3,000 people what anxieties they feel at this time of year. The results showed that 40 percent were stressed due to finances, and 37 percent felt anxiety from missing a deceased loved one. Having too much to do also was one of the top reasons for holiday-related stress.

Week 5 offered a good transition to this week's topic by helping your employees gain better work-life balance. Now they can take those skills a step further in Week 6 with holiday stress management tips and resources that help greet the season in a whole new light.

Week 6 handouts

Have a happy, healthy holiday season – Learn the signs of holiday stress and healthy ways to manage it.

Put peace back into your holidays – Understand the triggers of holiday depression and how to cope.

How to weather the holidays when you're alone – Enlist support during the holidays when facing a stressful family situation.

Decking the halls without wrecking your budget – Set holiday spending goals and learn to budget.

Stress FUNdamentals evaluation form

Stress FUNdamentals completion certificate



BlueCross BlueShield of Illinois

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Steps for Success



Distribute Week 6 handouts

Review last week's topic on work-life balance. Remind employees that the skills they learned in Week 5 can also serve them well when striving to achieve balance during the busy holiday season.

Healthy season's "eatings"

Consider having a holiday potluck lunch, and encourage employees to bring healthy dishes with plenty of fruits and vegetables or lower-fat and lower-sugar versions of their holiday favorites.

Don we now our casual apparel

Easing up on the dress code around the holidays is a way to help employees feel a little more relaxed. Similarly, letting your staff decorate their work spaces can add a little cheer to the work environment.

A cheery New Year

Encourage your employees to make healthy New Year's resolutions that they can stick with. Do they want to stop smoking? They'll find the support needed by visiting the Personal Health Manager through Blue Access® for Members and beginning to participate in the online Tobacco Cessation program. If starting a fitness program is their goal, promote the *Get Fit* section on the Personal Health Manager.

Evaluate and congratulate

Ask participants to complete the **Stress FUNDamentals** evaluation form. Once you receive the completed forms, distribute the program completion certificates to your employees.

Although **Stress FUNDamentals** has ended, your employees can take the knowledge and tools they have gained and apply stress management techniques to their lives long term. As they complete the program, encourage them to stay committed to taking care of themselves.