

# **Physical Wellness**

The holiday season can be physically demanding, so attending to your body's basic needs is essential for maintaining balance and energy.

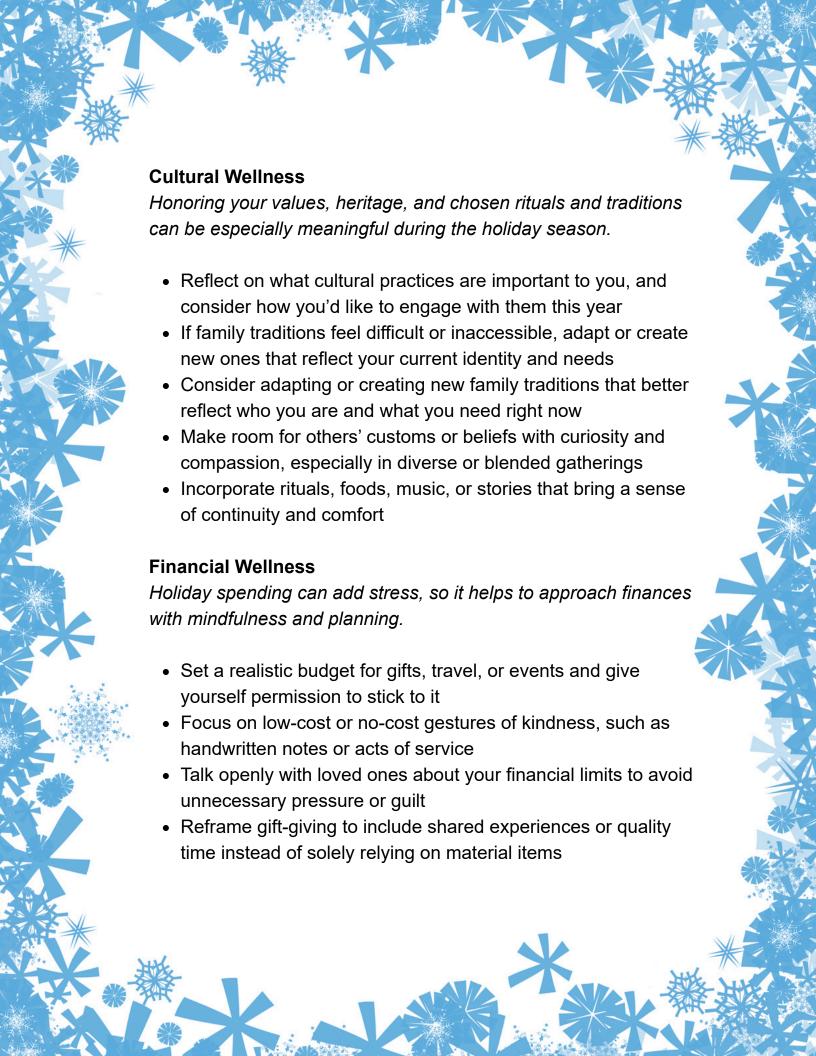
- Stick to a regular sleep schedule as much as possible, aiming for consistency even during days off or travel
- Prioritize nutritious meals and mindful eating while also giving yourself permission to enjoy special holiday treats
- Stay hydrated and limit excessive consumption of alcohol, caffeine, or sugar that can disrupt your physical wellness
- Engage in physical activity you enjoy, whether it's walking, running, stretching, using exercise machines, dancing, or playing outside with loved ones to help manage stress and improve mood

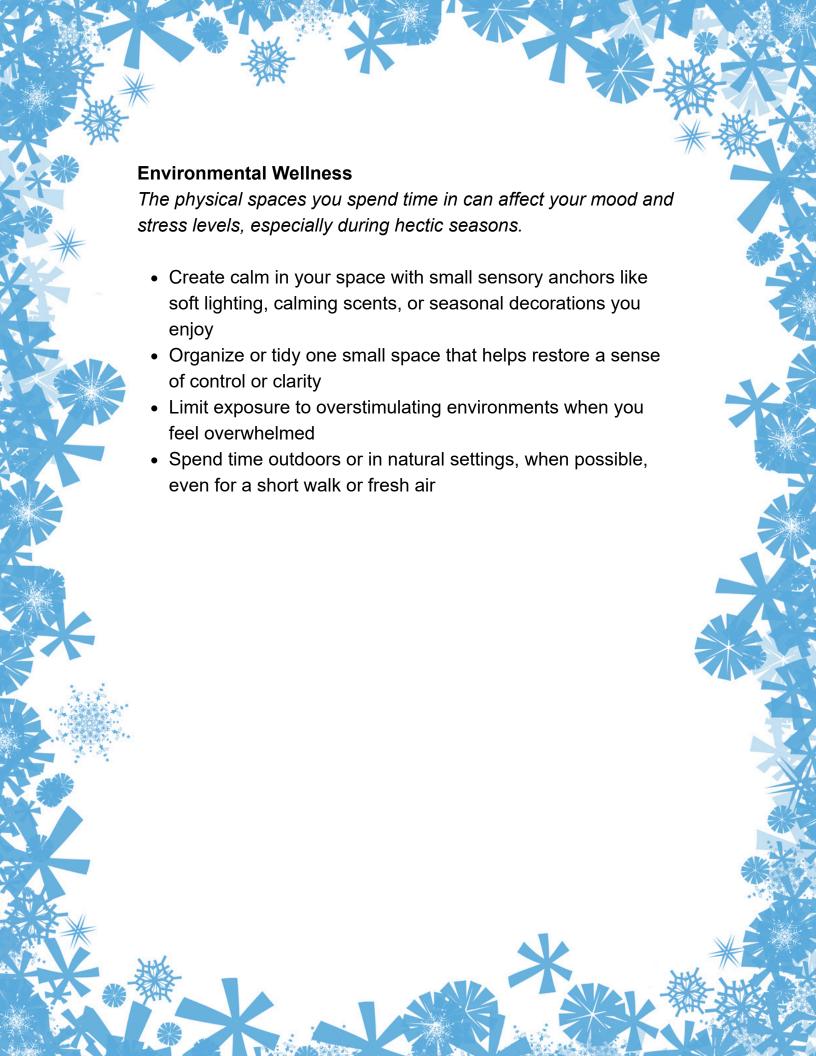
### **Emotional Wellness**

Holidays may bring a mix of joy and sorrow. Recognizing and accepting your emotional experiences can support your overall wellbeing.

- Allow space for all emotions whether grief, joy, nostalgia, or frustration - without judgment
- Practice self-compassion by acknowledging that the holidays may not feel perfect and that it's okay to need extra support
- Set healthy emotional boundaries, especially in situations where interactions might feel overwhelming or triggering
- Identify one or two trusted individuals you can check in with throughout the season as needed

# Spiritual Wellness Connecting with your sense of purpose, meaning, or inner peace can provide grounding during busy or emotional seasons. Reflect on what helps you feel connected to something larger than yourself including nature, art, faith, or quiet time, and make space for it Practice gratitude daily, even in small ways, to focus on what nourishes your spirit Engage in mindfulness or meditation practices to center yourself amidst external demands Consider volunteering or giving back in a way that aligns with your values and brings a sense of fulfillment Participate in religious or spiritual traditions that are personally meaningful or interpersonally connecting Social Wellness Meaningful connection and support can ease feelings of isolation and foster a sense of belonging during the holidays. Prioritize relationships that feel safe, affirming, and uplifting even brief conversations or texts can be grounding Balance time with others and time alone depending on your needs • Create or maintain simple traditions with friends, neighbors, or colleagues that bring a sense of joy or familiarity Reach out to someone who might also be struggling during the holidays; giving support can also help you feel more connected





#### **Final Note**

If you're experiencing emotional distress, overwhelming sadness, or are finding it hard to function as you normally would, it's important to reach out. You are not alone.

## Seek professional help if:

- You've experienced high levels of distress during previous holidays
- You anticipate this season may be particularly difficult
- You are struggling to manage your emotions, responsibilities, or relationships
- You have thoughts of suicide or harming yourself or others
- You are consuming substances excessively

## **Helpful Resources**

# Support at Emory University

- Emory Faculty Staff Assistance Program: <a href="https://hr.emory.edu/eu/fsap/index.html">https://hr.emory.edu/eu/fsap/index.html</a>
- Emory Department of Psychiatry and Behavioral Sciences: <a href="https://med.emory.edu/departments/psychiatry/index.html">https://med.emory.edu/departments/psychiatry/index.html</a>
- Emory University Spiritual Health: <u>https://spiritualhealth.emory.edu/</u>
- Emory Staff Wellness Resources: <u>https://www.emoryhealthcare.org/</u>

# Support at Grady Health System

- Grady Resiliency Program: (404)616-7222; employeeresiliency@gmh.edu
- Nurse Coaching Sessions: cheer@gmh.edu
- Grady Chaplaincy Office: Day Time: (404) 616-4270; After Hours: (470) 834-7354
- Employee Assistance Program: (888)293-6948

