Holiday Tips for Better Work–Life Balance

Set Realistic Holiday Expectations

- Prioritize what truly matters for you and your family
- Let go of the idea that everything has to be “perfect”
- Communicate early about plans, budgets, and boundaries

Protect Your Time and Energy

- Block specific times for shopping, preparing, or resting
- Limit after-hours work when possible
- Say “no” when your schedule is full—protecting your peace is healthy, not selfish

Create Seasonal Routines That Support You

- Keep a consistent sleep schedule, even with holiday events
- Build in short breaks during busy days
- Plan simple meals or prep ahead when possible to reduce stress

Practice Mindfulness During Stressful Moments

- Take a few deep breaths before responding during tense family interactions
- Step away briefly if emotions rise
- Focus on what you can control, not what you can’t

Make Time for Joy and Connection

- Schedule small moments that recharge you—music, reading, a walk, or quiet time
- Keep holiday traditions that bring comfort and meaning
- Prioritize time with people who support and uplift you

Use Bree Health for Seasonal Support

Bree Health offers confidential help with stress, family dynamics, financial concerns, grief, and emotional well-being—common challenges during the holidays. Support is available anytime you need it.

(800) 327-2255 login.breehealth.com Mobile App: Bree Health