



'Tis the season to feel joy, gratitude, closeness to family and friends and, for many people, massive amounts of holiday stress. Whether it's feeling pressure to pull off a picture-perfect holiday dinner or being overwhelmed by the constant whirlwind of social commitments and "to-dos" in the days leading up to the holidays, stress can often get in the way of what's supposed to be the "most wonderful time of the year." Regardless of the source, holiday stress can take a toll on your mental and physical well-being.

Here are a few tips to keep your holiday season "merry and bright"....

It's a Cinch - Don't be a Grinch



When stressful situations arise during the holidays, reach for the simplest and least expensive relief—laughter!

Yes, laughter and humour are quick and powerful antidotes to any of life's challenges. Everyday circumstances can create emotional heaviness, quickly stealing our joy. We have to train our brains to manage these situations differently. The more we laugh and embrace humour, the more joyful our lives will be.

What do you call a reindeer with only two legs?

Eileen 😄



Weather conditions can be unpredictable during the holidays, placing additional stress on travel plans for holiday shopping and festive celebrations with family and friends.

If Snow is a Blowin' – Think Twice Before Goin'



Keep this list - check it twice, good to know what's nasty or nice!

PLAN AHEAD – make sure your vehicle is in good shape for winter travel.

STAY FRESH & ALERT – make sure you're well rested before long drives; stop and take regular breaks. ❄️

MIND YOUR SPEED – speed limits are set for ideal conditions, drive slower in snowy, icy, or foggy weather.

AVOID DISTRACTIONS – driving requires your full attention; pull over, when safe, to use your cell phone.

STAY CONNECTED – notify others before you travel; let them know your destination and estimated arrival time.

Holiday Lights Aglow – It’s Really Ok to Just Say “No”

For many of us, the thought of saying no to an invitation, a favour, or even a tradition, can feel daunting. We worry about disappointing others or coming across as unkind. But here’s the truth: saying no when you need to is one of the best gifts you can give yourself. It helps you protect your energy, reduce stress, and make room for what truly matters to you.

Setting boundaries gracefully during the holiday season can bring some much needed peace and joy back to your life.



Know What Matters Most – Take a moment to think about what you really want from the holiday season.



Be Kind But Clear – Offer gratitude but be honest. Your time and energy are a priority.



Offer an Alternative (if you can) – If you want to soften the “no”, suggest a different way to connect.

Feeling Like You’re “left out in the cold”? – Be Kind to Yourself!

Doing things that make you happy and taking care of yourself ensures you bring who you really are to the holidays, so that you can enjoy all the wonder and joy of the season with family and friends.



Season’s Greetings to All

From Your Health and Safety Team

