



Holiday Challenges: *Your Work/Life Program* Can Help

The holiday season is a challenging time for everyone. Luckily, *Your Work/Life Program* can help.

- Plan child care for days that schools and child care providers are unavailable. *Your Work/Life Program* can help you find backup care providers in your neighborhood.
- Make sure your older loved ones are cared for during the holidays. *Your Work/Life Program* can help you find caregivers for your older loved ones, whether in your neighborhood or far away.
- Try to get everything done without having a nervous breakdown. The *Your Work/Life Program* website has articles on time management, stress, resilience, and depression.
- Get care for your pet when you're not at home. *Your Work/Life Program* can help you find a local pet sitter.
- Arrange for help while you work. *Your Work/Life Program* can help you to identify supermarkets that deliver, as well as repair people, housecleaners, and others to help you get errands done.
- Figure out which gifts are appropriate for nieces and nephews, at all their different ages. The Child Care Specialists at *Your Work/Life Program* can explain the different development levels that children reach at different ages and how to choose gifts for them.
- Plan a healthy holiday meal. The *Your Work/Life Program* website has articles about proper nutrition and other important health-related topics

If you would like professional consultation,
contact your Employee Assistance Program (EAP) at
1-(800)-999-7222

or go online to bluecrossca.com/youreap

Program Name: