



Holiday Distractions



All year long you've heard messages that remind you to "work safely... don't take short-cuts... prevent accidents..." To do this, of course, you have to keep your *mind on your work*. But this time of the year, your mind may be everywhere else but on your work.

You may be thinking...

- What will I buy everyone - I hate shopping!
- Traffic is so bad I'm a wreck every time I get where I'm going.
- My relatives and their kids are going to be here for a whole week- **HELP!**
- If I hear Alvin & The Chipmunks one more time, I'll smash the radio!

The holidays are a wonderful time for many people and a dreadful time for others. For most, it's a mixture. The experts tell us that even happy, exciting events are stressful to our minds and our bodies.

- Normal routines and schedules are disrupted, which can feel uncomfortable.
- With so much to do, there's a lot of rushing around to get it done.

Be aware that you may be more likely to have an accident at this time of the year--on the job, at home or on the road. At work, you may be distracted by personal matters or financial concerns and overlook safe work practices. You may also find yourself taking extra physical risks--hanging colored lights on the roof, lugging heavy gifts around, or shoveling snow... and when roads and freeways are jammed with frustrated drivers, the number of auto accidents increase. Sometimes, the worst thing about the holidays is *getting there!* Once they arrive, they're lots of fun--so don't have an accident on the way. Stay alert. Take extra care. Have a happy and **SAFE** holiday season!



There are several reasons people feel down around the Holidays. Some of the most common are:

Pressure to be happy-It seems like everyone's celebrating.

Unrealistic Expectations-It's common for us to have overly positive memories. Sometimes we remember things in a more rosy light than what actually took place.

Remembering lost loved ones-It is difficult to move past the sense of loss we feel.

Financial constraints-Having financial limitations may cause us to feel bad about not being able to provide everything we want.

Loneliness, stress, fatigue-We're bombarded with images of idealistic families. We also add so much on our plate than normal with errands, shopping, & get togethers.

Beat the Blues

Do's & Don'ts

- Do something for someone else. This helps remind us what is important.
- Do focus on what you have, not what you don't.
- Don't spend \$\$ you don't have!! No one wants you to go into debt for them. This will only bring more stress and worry for following months.
- Do get plenty of rest. Schedules can be so overwhelming, consider setting aside time to reenergize.
- Don't dwell on the past. Focus on the present. We only have today. The past cannot be changed and the future isn't guaranteed.
- Do prioritize. It is okay to let some things go.
- Do eat right and exercise. Don't overindulge in foods high in sugar and fats or drink too much alcohol.
- Do enjoy your Holidays and concentrate on your blessings.