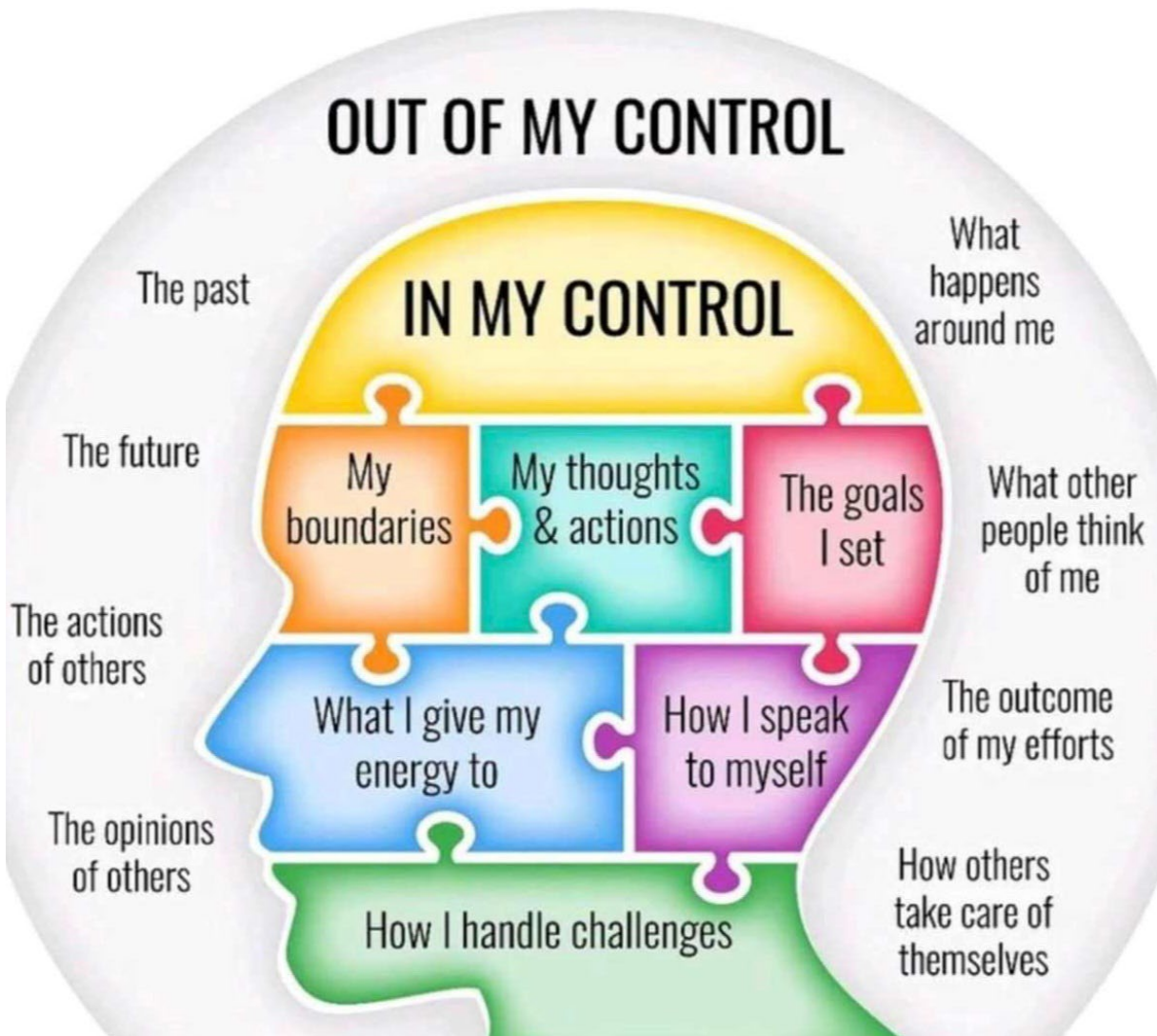




October 2023: What I Can Control and What I Can't

Anxiety often occurs when we focus too much on the things we cannot control instead of putting our focus on the things we can actually change. The diagram below offers a visual representation of where we should put our focus and energy. By working hard on the areas *within* our control, we can learn how to let go of the things that keep us from moving forward in life.



Data source: @mindfulenough | Infographic design by @agrassoblog for educational and motivational purposes

If you feel stuck, please reach out to the AAH EAP at 800.236.3231 or www.aah.org/eap



November 2023: The Gift of Time

The first Sunday in November at 2:00am marks the end of Daylight-saving time. This is also the time of year that we gain an extra hour in our day. As well, November is the beginning of the holiday season and offers a good reminder that the gift of time is truly precious. *How can you share the gift of time with the people in your life?*

Here are a few ideas that might help:

- ❖ **Offer to babysit for free so a couple can go out for dinner or get some holiday shopping done.**
- ❖ **Make a meal for a neighbor who lives alone and eat with them as well. The gift of your company might make them feel less lonely at this time of the year.**
- ❖ **Send five letters to friends or relatives you haven't seen in a while to let them know you are thinking of them.**
- ❖ **Offer to help wrap gifts for someone you know needs the help.**
- ❖ **Make trays of cookies for neighbors, teachers, first responders or whoever you want to show appreciation toward.**
- ❖ **Shovel someone's driveway, just because.**
- ❖ **Hold a door, randomly buy a coffee for someone, return someone's shopping cart, or create your own random act of kindness. You will feel as good inside as the person you are helping.**

However you decide to give the gift of time, it will certainly be remembered as a special and unique gift.

**For additional information or support,
contact the AAH EAP at 800.236.3231
or visit www.aah.org/eap**



December 2023: How to Have a Happy Holiday When You're Not Feeling Happy

The Holiday Blues are temporary feelings of anxiety or depression during the holiday season. They are often associated with stress, unrealistic expectations or even memories that accompany the season. Holiday Blues are different than clinical anxiety or depression in that the feelings are temporary. However, even short-term problems need attention so that they don't lead to longer-term concerns.

Tips for Managing the Holiday Blues

- ❖ **Get enough sleep. Stick to a regular bedtime and routine.**
- ❖ **Take time for yourself, but don't isolate. Spend time with supportive, caring people.**
- ❖ **Eat and drink in moderation.**
- ❖ **Get exercise - even if it's just a short walk.**
- ❖ **Listen to music. This can relax blood vessels and increase blood flow which calms you down and is good for your heart too.**
- ❖ **Set a budget for holiday activities. Don't overextend yourself financially.**
- ❖ **Set reasonable expectations and goals for holiday activities including shopping, cooking, sending cards, entertaining, or attending parties.**

Remember - The Holiday Blues are short term. Take things week by week or day by day.

If you find yourself struggling, please contact the AAH EAP at 800.236.3231 or www.aah.org/eap

Resource: www.nami.org