



DECEMBER *Safety Talk*

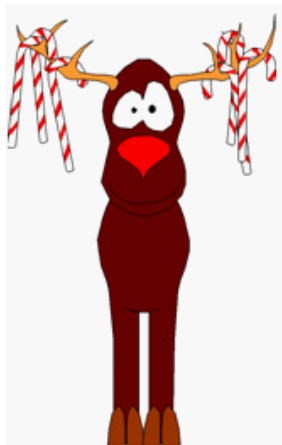
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Don't buy into the holiday myth of the perfect family...

There is no such thing and there never was.

Use discretion; tune out and drop out when you feel it's necessary...

Don't feel obligated to accept every invitation. Make an effort to enjoy what you feel are the positives of the season.



Expect that the intensity and amount of togetherness will result in some irritability...

Take it in stride – recognize that the holiday is not ruined because someone gets angry or upset.

Do not overindulge...

Remember to eat and drink sensibly.



Remember those less fortunate at the holiday season...

Share your abundance or volunteer to help the less fortunate.

Enlist the help of others...

Don't overburden yourself. Well in advance, delegate specific tasks to other family members.

Recognize that the holidays can be difficult for families...

Particularly where there has been a separation or divorce, or death of a family member or close friend during the year.

Create new rituals, make time for your grief, remember not to isolate yourself or others affected by the changes.

What if you are dreading the holidays?

If you have the holiday blues and can't seem to shake them, you may need help sorting out your feelings. Contact your Employee and Family Assistance Program providers.