

## Coping With Stress During the Holidays and Making New Year's Resolutions

For some, the holidays may be a time of stress, while the New Year can be filled with possibilities for change.

[WorkWell NYC](#) is here to bring you tips to cope with holiday stressors and plan New Year's resolutions that stick.

**Are you feeling stressed right now?** Try the deep breathing exercise below, which can be done anywhere

### Deep breathing

- Breathe in slowly, counting to five.
- Pause and hold your breath for a few seconds.
- Breathe out slowly, counting to five.
- Repeat until you feel more relaxed.



**Self-care** is what people do for themselves to establish and maintain health and to prevent and deal with illness. Self-care can be a way to manage stress. The following resources can help you take care of yourself:

- **Find support:** If you feel overwhelmed, talk to a partner, family member or friend, or call the [New York City Employee Assistance Program \(NYC EAP\)](#) for help. The EAP offers free and confidential assistance to employees and family members. You can reach the EAP at **212-306-7660** or by email at [eap@olr.nyc.gov](mailto:eap@olr.nyc.gov).
- **Eat a healthy diet:** Check out the [Guide to Healthy Eating and Active Living in NYC](#) for tips on maintaining a healthy weight and saving money this holiday season.
- **Exercise regularly:** Find a Shape Up NYC class for a free workout class [near you!](#)
- **Avoid using drugs and alcohol to cope with stress:** If you think you or someone you care about has a problem with drugs or alcohol, check out the services provided by [the City](#) and reach out to the [NYC EAP](#).

Now that you've tried the relaxation techniques above and reflected on self-care strategies, here are two tips for making New Year's resolutions that stick.

1. **Start small:** Identify one small realistic change.
  - ❖ For example, if you're not active, try getting off the subway or bus one stop earlier to walk. Then work your way up to taking a dance or exercise class, biking, or jogging.
2. **Do it with a buddy:** Make a resolution with a friend and keep each other motivated!
  - ❖ Find activities you can join with your colleagues, like [Weight Watchers](#), which is offered at a discounted price to City employees and their dependents. [At-work meetings](#) are offered at worksites across the City for convenience.

