

APSEA So Chap. Mini-Trng Session December 2013

TOPIC: “Reenergize Even During the Holidays”

Condensed & modified from Working World

1. The added stress of partying, huge meals, liquor, and lack of sleep do not necessarily need to mean that you become run down or worse yet, sick. Take the time from shopping, eating, and socializing to restore yourself and keep your body healthy.
2. Stay hydrated. Air travel, traveling in a heated or air-conditioned car will cause your body to dehydrate, making you feel weak and leaving you more vulnerable to germs. Have a drink, but not too many, whether alcoholic, caffeinated, or sugary.
3. Stay in and get rested. Allow the whirlwind of extra shopping, cooking, and partying only to the extent that it serves you and you find it enjoyable. People with adequate sleep and rest are much less likely to succumb to illness. Take time to “just be”.
4. If you are a manager or boss, cut the staff a little slack. Avoid forcing holiday celebrations and try to allow more flexibility in hours. You will be rewarded with more enthusiastic workers who will do a good job for you.
5. Give back. Holiday giving is very beneficial to the giver, if it is within reason. Support community efforts like toy collections, meals for the homeless, and special cultural events. They will make you feel good and take your mind off your own problems.
6. Do everything in moderation, perhaps one or two things a day. Write some cards today, some next week. Eat some special dessert today, none tomorrow. Help someone today, keep tomorrow for yourself.
7. Staying in control is the secret to holiday survival and the secret to feeling energized by the festivities, not enervated.

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