



# Health Matters Assistance Programme



## Coping with Christmas

There seems to be so much to do at Christmas. Even with Christmas day only days away you may still have some final presents to buy and wrap, then there's family and friends to visit, the turkey to cook, and then the inevitable clean-up thereafter .... and all that washing up !

For many Christmas can be a great time, lots of fun and enjoyment, surrounded by family and friends. For others Christmas can be quite a stressful time, possibly a sad and lonely time. A time when all those things you've been keeping covered up over the year come back at you, such as the loss of a loved one. Christmas can be a nostalgic time.

Christmas can also bring financial worries for many. Indeed Christmas can be an expensive time of year, and you might have real concerns in how you are going to cover the cost of Christmas.

So, if for any reason you are finding Christmas to be a difficult time and it all feels like it's getting on top of you call the EAP and speak to one of the counsellors or contact your GP. You can call the EAP anytime 24/7 even on Christmas day !

You may also find information on the HMAP Secure Website:

[www.hmap-online.co.uk](http://www.hmap-online.co.uk)

If you wish to discuss in confidence any concerns relating to this article or indeed any other concern, you can do so by calling:

**Freephone: 0800 083 7545**

Available 24 hours-a-day, 7 days-a-week, 365 days-a-year !

*Just some of the issues covered...*

Stress & Anxiety

Depression

Bullying & Harassment

Performance at Work

Self-Confidence

Managing Pressure

Retirement

Family Life & Relationships

Divorce & Separation

Illness, Health & Wellbeing

Childcare & Parenting

Eldercare

Bereavement

Traumatic Incidents