



# Health Matters Assistance Programme



## Christmas - Too much to do, not enough time !

There seems to be so much to do at Christmas. Presents to buy and wrap, family to visit, the turkey to cook, and that's just for starters ! If you're struggling to fit everything in, try making a plan. Write down everything you need to do in the run up to the Christmas holidays and on the day itself. Then work out when you can sensibly fit it in.

Ask your family to help out. If you find yourself leaving things to the last minute *i.e.* you haven't decorated the tree yet, you still have those presents to wrap, or just thinking about the big day itself and preparing the festive Christmas dinner - the people around you can help - so don't be shy in asking them for help !

Don't forget to include time to relax and pamper yourself too. Plan time when you can do something completely unrelated to the holiday season. You might want to simply take a long luxurious soak in the tub as opposed to the everyday-norm of jumping in & out of the shower. Or you might want to go visit the local health-spa, do something that you don't normally feel you have the chance or time to do.

For some, there's always too much to fit in, so many consider spending a quiet Christmas away from home, and let hotel staff do the work. In any case, there are many things you can do to help yourself and to avoid stress over the Christmas holidays, one of which is to seek advice from the HMAP website:

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

If you feel you need to talk to someone outside of family and friends, remember that the Health Matters Assistance Programme is there for you - even on Christmas day ! Available 24 hours-a-day, 7 days-a-week, 365 days-a-year !

Above all else, remember to have some fun this year & enjoy Christmas...



**support when you need it  
freephone: 0800 083 7545**

*Just some of the issues covered...*

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Work-life Balance

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Illness, Health & Wellbeing

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Eldercare

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Traumatic Incidents