

THE OFFICE OF HUMAN RESOURCES

EMPLOYEE EXPERIENCE & SUCCESS

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Dear CofC Community,

The holiday season can be joyous, but it can also bring its share of challenges. We want to remind you that we in HR are here for you. Whether you're navigating family gatherings, managing your workload, or simply feeling the holiday stress, your well-being matters to us.

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Tis' the season for Smart Choices!

Tip #1: Balancing Act

Making work and holiday plans? Remember, it is okay to set boundaries to prevent exhaustion and burnout. Prioritize your tasks and make room for self-care. Read 25 Simple Ways to Take Care of Yourself Over the Holidays.

Also, schedule time for Charleston holiday fun:
[Holiday Events in Charleston](#)
[Charleston Holiday Events & Activities](#)

Tip #2: Virtual Cheers

If distance keeps loved ones apart, embrace the power of technology. Host a virtual gathering, share laughs, and exchange festive stories. It's the next best thing to being there in person and connecting can help ward off holiday blues. [Click here](#) for ideas on hosting an entertaining virtual holiday bash.

Tip #3: Mindful Munching

Tis' the season for delicious treats! Despite popular myth, the average weight gain from mid-November to mid-January is only about one pound. That said, over-indulging can make you tired and sluggish. Hence while indulging is part of holiday fun, be mindful of your choices. Keep your energy up by balancing the festive feasting with nutritious meals.

Mindful munching includes slowing down while you eat, preparing nutrient-dense dishes, planning a colorful plate that includes fruits and veggies, and getting plenty of rest to reduce stress and stress eating.

Try a new healthy holiday recipe:

[29 New Healthy Recipes to Try in 2023](#)

[American Heart Association - Holiday Recipes](#)

Deer Oaks at Your Service

Feeling overwhelmed? Remember our EAP is just a call away. Whether you need someone to talk to or resources for stress management, Deer Oaks has your back.



Drink Responsibly

Remember, Deer Oaks' Take the High Road program offers Uber or Lyft reimbursement for up to \$45 fare (excluding tip). Save your receipts and contact your EAP for reimbursement instructions.

Spread the Joy - Share the Support

Let's make this holiday season memorable for all the right reasons. By making smart choices and supporting one another, we can create a warm and positive climate for everyone at the College.

Wishing you a happy and healthy holiday season!