

THE OFFICE OF HUMAN RESOURCES

# EMPLOYEE EXPERIENCE & SUCCESS

CONTACT US: [bassettsl@cofc.edu](mailto:bassettsl@cofc.edu) (843-953-0122) & [cagek@cofc.edu](mailto:cagek@cofc.edu) (843-953-1683)



Dear CofC Community,

As we approach the holiday season, our aim here in Human Resources is to provide you with valuable tools and tips so that you can enjoy this joyous time of year stress-free. Below are some tips and resources to help you through the season.

## ACCESS DEER OAKS

CALL: 1-866-327-2400

EMAIL:  
[eap@deeroaks.com](mailto:eap@deeroaks.com)

WEBSITE:  
[www.deeroakseap.com](http://www.deeroakseap.com)

LOGIN/PASSCODE  
cofc

[Employee & Supervisor  
Enhancement  
Newsletters](#)

## 1. Work-Life Balance

Balancing your work life with your personal life can be challenging, especially this time of year. Remember to set boundaries, communicate your availability, and prioritize self-care.

## 2. Childcare Arrangements

One way to achieve better work-life balance is to plan childcare during school breaks. Leverage trusted caregivers, family, or local holiday camps. To learn more about holiday camps in the area, [click here](#).

### 3. Coping with Stress and Loss

Holidays can exacerbate feelings of anxiety, stress, grief, and loss. Stressors around the holiday season can cause compound or cumulative grief, where one experiences several losses over a short period of time. Try not to suppress these feelings. Instead, process your feelings by talking with loved ones, or write out your feelings in a grief journal. Seek professional help if needed. Additionally, try practicing breathing exercises, mindfulness, meditation, or yoga to cope with more intense emotions and stress.

### 4. Managing Expectations

Avoid the “reality trap” that occurs when expectations fail to align with reality by setting realistic expectations for the holiday season. Prioritize quality time with loved ones over material gifts. Embrace the spirit of togetherness and practice gratitude, which increases feelings of happiness.

### 5. Financial Consultation and Debt Avoidance

Financial consultation can help you budget holiday spending, making it possible to enjoy the holiday season without additional financial stress. Create a budget, shop smart, and avoid excessive credit card usage.

## Contact Deer Oaks (EAP)

The College of Charleston, through Deer Oaks, provides an Employee Assistance Program (EAP) to support your well-being. Deer Oaks offers a wide range of confidential services that can help you navigate the holiday season.

Counseling Services

Legal and Financial Consultation

Work-Life Services

Health & Wellness Resources

Take the High Road (ride-share reimbursement)

Click [here](#) to learn more.

Deer Oaks is a valuable resource available to all College of Charleston employees, employees' dependents, and employees' housemates. If you are feeling overwhelmed or facing personal, professional, or financial stress this holiday season, reach out to your EAP, Deer Oaks, for support.

