



Holidays and mental health: Facts and figures

For many, holidays mean gifts and celebrations. But presents and get-togethers often cost money and time, which can put added pressure on people's busy schedules.



60% of Americans feel somewhat or very stressed during the holiday season



47% of Americans are stressed about their finances during the holiday season

 **spring health**

COPING WITH

Holiday blues and stress

It's the most wonderful time of the year—except when it's not.

The holidays can evoke a range of emotions from joy to sadness. Add the anxiety of COVID-19 to this year's festivities, and many Americans are feeling extra on edge.

An employee experiencing holiday stress may show signs of problems ranging from a disinterest in company activities to increased absenteeism. This guide provides information and tips to help you and your team better manage difficult feelings that may arise over the winter months.



32% of American employees are stressed out about balancing holiday events and work obligations



23% of American employees are stressed out about a heavier workload returning upon returning to work after time off

The holiday season can have a significant impact on employees, as they try to juggle the demands of the holidays with their professional obligations at work.



2/3 of Americans are concerned about their family getting sick from the coronavirus.

TIG Advisors

Sources: [Healthline](#), [Robert Half](#), [KFF](#)

TIPS FOR INDIVIDUALS

Reach out to loved ones — Most of us are foregoing big holiday gatherings this year, which can bring up feelings of sadness and loneliness. Even if you can't see family or friends in person, make an effort to connect on the phone or online.

Give yourself permission to say, "No" — A packed schedule of activities during the holiday season can take the joy out of the actual holidays. Say no to events that you really don't want to attend, whether they are in-person gatherings or a video conference happy hour with friends or colleagues.

Volunteer and give — Volunteer at soup kitchens or local charities. If your budget allows for it, donate food and money to help make other people's holidays a little better. Giving of your time and resources can help combat depression and give you a sense of accomplishment during the holidays.

Don't rely on alcohol and drugs— Overindulging may seem like a good short-term fix for relieving holiday stress, anxiety, or blues, but in the end, they make the situation worse. Instead, try exercise, mindfulness activities such as meditation, or listening to uplifting music.

TIPS FOR LEADERS AND MANAGERS

Increase workplace flexibility — Allow employees a more flexible schedule when possible. Permitting them to take care of some personal holiday business can give them some breathing room outside of work.

Schedule workplace holiday events during work hours — Workplace holiday events that happen outside of normal work hours can place additional stress on an already busy schedule. Allow employees to devote their off-work time to their personal holiday responsibilities and activities.

Be extra aware of those who have suffered a loss — Because of the pandemic, more employees will be facing a holiday season where they are mourning the loss of loved ones. Let employees know you remember what they've been through by asking how they are doing.

Provide mental health support— Give employees easy-to-access options to help them manage work-related stress. [Employee assistance programs](#) and mental health care benefits can help your team members prevent or manage burnout with professional help.



At Spring Health, we help employers modernize their behavioral health benefits with the most comprehensive solution for employee mental well-being. Spring Health provides a single front door to any type of care, from digital exercises—including coping strategies for burnout and compassion fatigue—to Employee Assistance Program (EAP) services to coaching, therapy, or medication management.

Find out more at springhealth.com