



SDSU's Employee Assistance Program Presents

## Dealing with Holiday Stress

**Date:** Tuesday, December 8, 2009  
**Time:** 12:00 Noon to 1:00 p.m.  
**Location:** Human Resources, ESC 403  
**RSVP:** Melanie Doyle at [mdoyle@mail.sdsu.edu](mailto:mdoyle@mail.sdsu.edu) or  
(619) 594-2449  
Space is limited - reservations required

Please bring your lunch and join us for this  
Lunch & Learn Workshop



This seminar will:

- Explain how the conflict between the "fantasy" holiday and stress of the season is difficult to handle
- Help participants understand the origins of holiday stress
- Examine unreasonable expectations
- Look at ways we can use moderation for healthier choices
- Brainstorm with participants about new ways to reduce holiday stress