



# Finding Balance After the Holidays

The holiday season often comes with its own set of highs and lows. Whether you've been wrapped up in countless social gatherings, worked through the holidays, or spent the time in quiet reflection, there's a shared experience once the season winds down: a need to find balance again.

It's important to recognize that everyone's holiday experience is unique. Some may have travelled to be with loved ones, while others might have decided to stay home, keep things simple, and rest up. Reflect on what this past season meant for you. What were the highlights? What challenges did you face? Did you get wrapped up in FOMO (fear of missing out) and spread yourself a little thin? Acknowledging your experiences can be a step towards understanding your current state of mind and what you need moving forward into a new year.

Whether you dove into the festivities or not, routines

often get shifted during the holiday season. As we wave goodbye to the season, it's a good time to shift your daily habits back to normalcy. Start by reintroducing regular sleep patterns and mealtimes. Consider jotting down a schedule if that helps you stay organized. The key is to make this transition work for you and your family.

The end of the holiday season often means a financial reality check. It's common to feel the pinch after holiday spending, even if you didn't partake in traditional celebrations. Look at your finances with a fresh set of eyes and consider drafting a budget that prioritizes saving and focuses your spending on the things that really matter. Small sustainable adjustments are usually preferable to drastic measures. That being said, if you find yourself in a situation where you can't see an end to your debt, consider connecting with a financial consultant to discuss your options. Feeling like you

are stuck servicing debt without getting ahead and preparing for retirement can be extremely stressful and contribute to struggles with anxiety and depression.

After an indulgent period, your body and mind might be craving some rest and attention as well. Trade grand New Years' resolutions in for sustainable changes that you are likely to follow through with. Efforts to eat well and exercise are more likely to stick if you mix in some fun and connection with other people to whatever you are planning. Experiment with different types of foods and lean towards those that leave you feeling energized. Drinking more water during the day while limiting caffeinated and sugary drinks is always a good idea. If being more active is a priority for you, consider setting up a routine that fits your schedule and match the intensity of your exercise to your personal goals. Wake up a little earlier and do some stretching before breakfast. Connect with co-workers and go for a walk at lunch. Consider manageable activity boosters like Nordic walking with poles. When done correctly you will burn extra calories, tone your upper body, and take some strain off your knees.

The new year is often seen as a marker for setting personal and professional goals. If this is your practice set realistic and flexible goals that align with your values and life circumstances. Break down larger objectives into smaller, achievable tasks to avoid feeling overwhelmed. Making slow progress towards an achievable goal is much more rewarding and self-esteem boosting than holding onto grandiose dreams that you are not likely going to be able to realize.

As you find your way back to a daily rhythm, remember to celebrate the small victories. Managed to cook a meal instead of ordering takeout? Great job! Went to bed on time? Fantastic! These little wins can build up to significant positive changes over time as they become habits.

Remember that you don't have to navigate post-holiday transitions alone. Share your experiences, seek advice, or simply have a chat over coffee with a friend. Remember, it's perfectly okay to seek professional support as well if you're finding things particularly tough. Don't hesitate to reach out and connect with a counsellor through Walmsley EFAP if you are struggling with the post-holiday season blues.

Take things at your own pace and be kind to yourself as you transition back to your everyday life. It's not about perfection, but rather progress. Find joy in the small moments, be intentional with your time and resources, and remember that it's perfectly fine to do things differently than others.

Here's to a balanced and fulfilling journey ahead, as you navigate the post-holiday season with grace and self-compassion. And, as always, if this is proving to be a struggle please don't hesitate to reach out. Our counsellors at Walmsley are here to listen and help you through whatever the next few months bring your way.

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Being there matters.

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