

DECEMBER 2019

NATIONAL INPAIRED DRIVING PREVENTION MONTH

The holidays can be a wonderful time of the year; however, they can also turn tragic due to impaired driving. Statistics show that December has a high fatality rate due to people driving under the influence of alcohol, drugs or both. If you chose to drink or take drugs (legal or illegal) during the holidays, make arrangements to get home safely.



According to the National Highway Safety Administration, the most drunk driver fatalities of the year are between Thanksgiving and New Year's Day.

How to Observe National Drunk and Drugged Driving Prevention Month

**** Do not drive while you are under the influence of drugs or alcohol.**

Here are some tips:

1. **Plan ahead.**

Designate a sober driver, plan to take a cab or use a ride-sharing app such as Uber.

2. **Talk to family & loved ones and remind them of the importance of responsible and safe driving.**

3. **If you host a party, always offer a non-alcoholic option for guests.**

4. **Rent a chauffeured limo or van.**

Benefits of renting a limo include: not having to worry about traffic or parking, the opportunity to have fun on the way to your destination and you can share the expense with others.



HOLIDAY STRESS

Tips on How to Combat Holiday Stress

1. **Set Priorities**

Make a list of what is important to you. Maybe you can eliminate less meaningful activities.

2. **Plan Ahead**

Follow a schedule that keeps you on track of what needs to get done.

3. **Keep It simple**

Don't over-extend yourself. Be realistic in what you can get done.

4. **Stay in Your Budget**

Find and utilize strategies that work for you.

5. **Take care of Yourself**

Get plenty of rest and exercise when you can. Try not to overindulge in either food or alcohol.

HOLIDAY "BLUES"

Sometimes, the holidays can be too much. Between the financial strain, the increased demands on time and too often unrealistic expectations, a person can experience feelings of stress and anxiety which can turn into depression.

If you are feeling down or if sad feelings persist, your Employee Assistance Program has professional counselors available for you to talk to confidentially.

In the hustle and bustle of the season, remember to try and do things you enjoy.

StressCare Behavioral Health, Inc.
Employee Assistance Program

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