

ASAP Canada Staffing
December 18, 2014



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If you usually stress easily during the Holiday Season these tips will help you survive these weeks ahead.

According to Lisa Quast, author of “Secrets of a Hiring Manager Turned Career Coach: A Foolproof Guide to Getting the Job You Want”, to make this year’s festivities more enjoyable, try these tips for surviving the holiday season at work:

1. Negotiate time off with enough advance notice.

You’re not the only one living the holiday season. Try avoiding putting your manager in the uncomfortable position of having to find someone to cover you while everyone else is requesting the same thing. Don’t wait until the last minute to ask for your vacation.

2. Be respectful of the work environment.

Don’t forget you still need to be productive! Over decorating your work space can be too much distraction than needed for you and your coworkers.

3. Don’t skip the holiday work party.

It’s a work function so try to be on time and act professionally and remember to thank the hosts before leaving.

4. Keep gift giving to a minimum.

There are many reasons why most people rather skip the gift giving during this season, but if you decide to buy something make sure it’s something you can share at least with the entire department.

5. Avoid setting out bowls of candy,

especially if you work with woman! Remember they always live on a diet and might think you are up to sabotaging it.

6. Try to exercise each day.

The lack of sunshine during the days of December can take their toll on people’s energy levels.





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7. Don't skimp on your zzzs.

Try not to cut down too much on your hours of sleep. To keep energy high and your immune system healthy, target seven to eight hours of sleep each night.

8. Express gratitude.

Being grateful increases happiness and motivation. Take a few minutes each day to write down things that make you thankful.

Complete article [8 Tips To Survive The Holidays At Work](#)

By [Lisa Quast](#)



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