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## 2025 Holiday Resilience Guide

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Date Fri 12/19/2025 11:56 AM

To Rob Bushey <executivedirector@uscgcpoa.org>



**USCG/USPHS/NOAA Retiree Community:** *2025 Holiday Resilience Guide*, with best wishes for SAFE and HAPPY HOLIDAYS!



## 2025 Holiday Resilience Guide

<https://www.mycg.uscg.mil/News/Article/4363513/2025-holiday-resilience-guide/>

By Employee Assistance Program

The holiday season can bring challenges and stress for various reasons. As Coast Guard members, you and your families face unique demands during this time of year. Whether balancing operational commitments or navigating family obligations, this guide offers practical strategies to help you navigate the season effectively while prioritizing what matters most.

**Focus on What Truly Matters.** The pursuit of perfection can lead to unnecessary stress. Instead of striving for an idealized holiday experience, focus on creating meaningful memories with loved ones. Imperfections--whether a slightly uneven tree or a batch of cookies that didn't turn out as planned--can add character to your celebrations. Remember, the true essence of the holidays lies in connection and shared experiences, not in achieving a flawless presentation.

**Prioritize Self-Care.** Amid the demands of the season, it is essential to care for yourself. Ensure you are taking time to recharge, whether through rest, exercise, or engaging in activities that bring you happiness. Even small actions, such as eating nutritious meals or practicing mindfulness, can have a positive impact on your well-being. Remember, maintaining your own health and morale enables you to better support those around you.

**Establish and Maintain Healthy Boundaries.** Family gatherings and social events can sometimes lead to heightened emotions or unsolicited advice. To protect your time and energy, set clear boundaries and communicate them confidently. Declining invitations or stepping away from situations that cause undue stress is both acceptable and necessary. By maintaining boundaries, you can focus on what truly matters to you and your family.

**Practice Gratitude.** The act of practicing gratitude is a powerful tool for shifting perspective and alleviating stress. Take moments throughout the season to reflect on the positive aspects of your life, whether it's the company of loved ones, the successful execution of holiday plans, or simply the opportunity to celebrate together. Consider keeping a gratitude journal or expressing thanks to those around you. Gratitude fosters resilience and enhances overall well-being.

**Embrace Flexibility.** Despite careful planning, holiday events often encounter unexpected challenges. Flight delays, forgotten items, or unforeseen disruptions are common. Approach these situations with adaptability and humor, recognizing that flexibility is key to maintaining a positive outlook. By embracing the unpredictability of the season, you can preserve your holiday spirit and enjoy the moments that matter.

**Access Support Services When Needed.** The holiday season can be overwhelming, and seeking assistance is a sign of strength. Coast Guard members and their dependents have access to confidential support services that are available 24/7:

### **For Stress Management**

- **Civilians:** Contact FOH EAP at 1-800-222-0364 or visit the website: (Copy and Paste URL Below into Browser) <https://www.foh4you.com>
- **Military:** Call Military OneSource at 1-800-342-9647 or visit the website: (Copy and Paste URL Below into Browser) <https://www.militaryonesource.mil/military-basics/coast-guard-info/>

### **In Crisis**

- Dial or text 988--this is the Suicide & Crisis Lifeline for immediate assistance.

### **For Domestic Abuse Support**

- Contact the National Domestic Violence Hotline at 1-800-799-7233 for confidential help. d. For Survivors of Sexual Assault: Call the Safe Helpline at 1-877-995-5247 or the National Sexual Assault Hotline at 1-800-656-4673 for support.

These resources are designed to provide guidance and assistance during challenging times. Do not hesitate to reach out if you or a loved one requires support.

Think of the holiday season as an opportunity to celebrate, reflect, and connect with those who matter most. By focusing on what truly matters, prioritizing self-care, setting boundaries, practicing gratitude, and adapting to challenges, you can approach the season with resilience and confidence. Remember, seeking support when needed is a sign of strength. The USCG community is here to assist you in navigating the season successfully.

You've got this!

-USCG-

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