

Boundaries

Setting Your Limits During the Holidays

Contact your **Department of the Navy Civilian Employee Assistance Program (DONCEAP)** for support during the holiday season in dealing with stress and setting boundaries.

This issue of *Your DONCEAP* covers:

- Tips for expressing your limits during the holidays
- Skillful ways to communicate your boundaries

You can distribute this month's campaign in a variety of ways:

- Email it to your colleagues
- Post it on your intranet
- Print and post it in lunch or break rooms

Also, be sure to attend and encourage participation in this month's live, interactive webinars:

Setting Boundaries During the Holidays

Tuesday, November 8, 2016

1 to 2 p.m. E.T. | [Register Here](#)

Beating Caregiver Burnout

Tuesday, November 15, 2016

1 to 2 p.m. E.T. | [Register Here](#)

Space is limited, so be sure to register today.

Next month, we will offer helpful tips for incorporating mindfulness into your day.

The DONCEAP is a voluntary and confidential employee benefit available to you and your family at no cost. Call our DONCEAP experts or visit DONCEAP.foh.hhs.gov today.

24 HOURS A DAY

1-844-DONCEAP

(1-844-366-2327)

TTY: 1-888-262-7848

INTERNATIONAL: 001-866-829-0270

DONCEAP.foh.hhs.gov