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Tips to *Slow Down* *and* Really Enjoy the Holidays



Many times as the calendar year draws to an end, it is easy for employees to feel stretched thin. Maintaining the right balance of work and personal life sometimes requires deliberately taking steps within your control to get the most out of the holiday season while still meeting work and personal deadlines.

Consider some of these tips to help get the most out of the holiday season and still keeping up with work demands.

Set Boundaries and Priorities

- **Decline invitations:** It's okay to say "no thank you" to parties, events or extra tasks which are not essential or just spread you too thin.

- **Create a priority list:** Decide which traditions and experiences are non-negotiable and focus your energy on those. And, remember, your list doesn't have to look like what everyone else is doing.

- **Manage gift giving:** Instead of getting into a frenzy over shopping for many gifts, consider simplified options like drawing names, homemade gifts and/or donating to a charity or a giving tree.

- **Plan ahead:** Organize your schedule, shopping and meal prep in advance to reduce last-minute rushing and pressure.



Adjust Your Mindset

- **Embrace imperfection:** Expectations of the "perfect" holiday can be unrealistic and create a sense of failure. Try to be flexible and focus on the simpler aspects of the holidays and the things that really matter at the end of the day.

- **Focus on connection, not consumerism:** It can help to remind ourselves that the season is about connection and togetherness, not about spending money or having the most elaborate gifts or decorations.

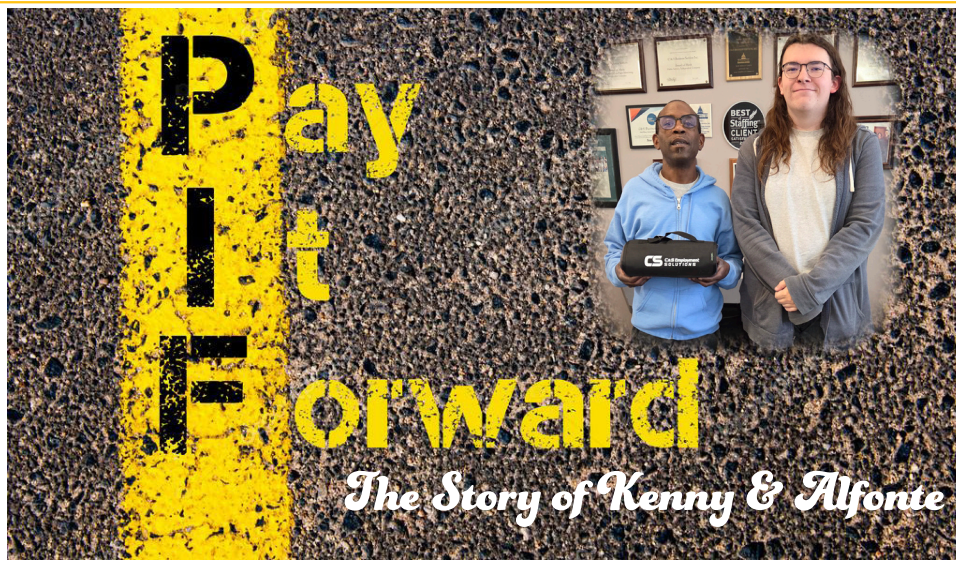
- **Limit social media:** Unplug from social media to avoid the "comparison game" and the constant bombardment of ads and unrealistic holiday hype. This can also help us to stay grounded and present with those that really matter.

- **Acknowledge your feelings:** It's not fair to expect constant "jolly and bright" feelings throughout the holiday season. The holidays can be a strong reminder of loved ones who



are no longer with us and times when life was more simple. So it is normal to have times when we have the blues. The key is to be able to balance and manage our low moments and recognize if there is need to seek professional assistance.





Particularly during the holiday season, we tend to hear stories about random acts of kindness and examples of “paying it forward.” These stories, in turn, help to inspire and encourage others to do the same or pay it forward. This is the hope in sharing the story of C&S employees, Kenny and Alfonte.

Kenny came to C&S Employment Solutions back in April seeking employment after moving to Jefferson City from Minnesota. Shortly after applying, Kenny was placed on a work assignment with the Jefferson City Public School District. He enjoyed working at the school district and was determined to make the best of the job opportunity even though transportation to and from work was a challenge since he did not own a vehicle when he started working. After several weeks of walking, hitching rides and working diligently, he was able to save up money to purchase a vehicle which was a game changer for Kenny and made his life much (and working) much simpler.

While working, Kenny met Alfonte who was also placed on a job assignment through C&S at the school district. The two became friends and through that friendship, Kenny learned that Alfonte also faced transportation obstacles and was without a vehicle. Fortunately, Alfonte lived near Kenny’s route to/from work and they both worked on the same shift. Kenny offered to give Alfonte a ride to/from work which he gratefully accepted and made it possible for him to remain employed.

Kenny and Alfonte both speak highly of their employment through C&S at the school district. Most recently, Kenny was offered and accepted permanent employment with JCPSD but he still helped his friend, Alfonte, with transportation. Alfonte hopes it will be soon that he is able to have his own vehicle at which time, he said he would “pay it forward” and help others who faced transportation challenges like he did.

Both Kenny and Alfonte believe that when given opportunities like employment and help with transportation that “you don’t misuse it” and “you treat other people the way you want to be treated and help out others when you can.”

C&S Employment Solutions is proud to share Kenny and Alfonte’s story and wish both these men all the best this holiday season and beyond.



What’s happening in December:

December 7 -- Big Brothers Big Sisters Jingle Dash Fun Walk/Run (4:45 p.m. at Binder Park)

December 21 -- First Day of Winter

December 24 -- Christmas Eve (C&S closed at 12 noon)

December 25 -- Christmas Day (C&S closed)

December 31 -- New Year’s Eve (C&S closed at 12 noon)

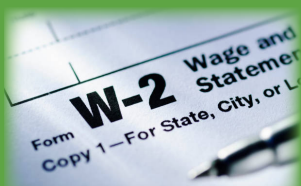


Permanent Placement

The following employees were recently offered and accepted permanent employment at their assigned job placement. C&S would like to congratulate and thank each of them for their hard work and dedication!

***Jeremy Stahl
Alfonte Harrington
Randy Stevens***

W-2 NOTICE FOR C&S EMPLOYEES



C&S will process W-2 forms for all C&S employees by January 31, 2026. If you have experienced either a name change and/or address change this year (since being assigned with C&S), please call C&S at 573-635-9295 to update your contact

information by **December 31, 2025**. Thank you!

*Wishing you
peace and joy
this holiday
season and
throughout the
coming year.*

