



SAY "NO" THIS HOLIDAY SEASON



THE CHALLENGE:

If you are feeling stretched this holiday season, try saying "no" to 3 holiday invitations or holiday tasks using these tips.



Prioritize Before Accepting

Respond to the host and let them know you will check your schedule to give yourself a bit of time to determine whether or not you are able to attend.

Be Honest

If you're already busy, be honest and let the host know. Be courteous with your wording.



Express Gratitude

Thank the host sincerely for the invitation. Letting them know you appreciate the invitation says that you care and appreciate their effort.



Suggest a Different Time to Meet

If your week is already looking fairly busy, offer a different time to connect. This shows you still value time with the person, but can't make this event.



Always RSVP

If you can't attend, don't put off letting the host know. Show consideration for the host by letting them know in a timely manner.



Remove the Guilt

Often there is guilt associated with saying "no" to an invitation. Remind yourself that you can see friends and family at other times of the year.



Happy Holidays from Wellness@Work!
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