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