

**American Airlines/ American Eagle  
Employee Assistance Program  
New York, New Jersey**

**\*\*\*Make Holidays More\*\*\*  
\*\*\*Enjoyable\*\*\***

- \*Discuss your expectations in advance to avoid surprises\*
- \*Abide by the rules of the house, or plan to stay in a hotel\*
- \*Plan to stay for the optimal, not maximum amount of time\*
- \*Discuss disagreements and accept differences. Then move on\*
- \*Plan time alone for walking, reading, etc. It gives everyone a break from each other\*
- \*Keep a sense of humor. Have a laugh or cry. You may need it\*
- \*Have mutual respect across generational lines for different values and needs\*
- \*Be a considerate guest; don't tie up the phone or TV. Go along with your hosts plans.\*
- \*Do not expect a Hallmark Holiday\*
- \*Don't expect magic. Your visit may not be perfect, but it can be enjoyable\*
- \*Be realistic. It is not a good idea to try to put your life on hold or totally rearrange your life because of the holidays\*
- \*It is OK to tell your children to be realistic. Santa, Mom and Dad will choose the best gift to give each child\*
- \*The same applies to the rest of us. Show your husband, wife or significant other that you care by choosing something meaningful, but within your budget\*
- \*There is a difference between stress and pressure. Stress is from outside but pressure comes from within. Talk yourself down. Read the instructions\*
- \*Practice moderation. Set some boundaries for yourself in regard to food, drink, spending, sleep and exercise\*
- \*Try to accept family members and friends as they are. For now, set differences aside and leave old grievances until a more appropriate time\*

**Ellyn Kravette, EAP Manager**

Cargo Building #123, Room D205  
JFK International Airport  
Jamaica, New York 11430  
Phone: 718-632-2465 Fax: 718-632-3777  
E-mail: [Ellyn.Kravette@aa.com](mailto:Ellyn.Kravette@aa.com)

**Manny Diaz**  
EAP Coordinator, TWU Local 501  
Phone: 718-632-3400

**Danny Wilson**  
EAP Coordinator, TWU Local 562  
Phone: 718-632-5021

**Suzanne Edwards**  
APFA Base Chair, JFK  
Phone: 860-663-0582

**Jessica Washington**  
Vice Chair, JFK  
Phone: 631-968-2589

**Eric Hodgson**  
Base Chair, APFA, LGA  
Phone: 718-474-4205

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**EMPLOYEE  
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