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Welcome to the DECEMBER edition of the Base Seattle Work-Life “News Bullets”. See a topic and click on the link or contact the POC to learn more!

- **Keep the Holidays Happy:** Holiday stress can make this time of year challenging – get through the holidays with humor and grace: https://www.seabhs.org/poc/view_doc.php?type=doc&id=56554&cn=51. For more ideas, contact Family Advocacy Specialists Kristen Hutcheson at (206) 217-6608 kristen.s.hutcheson@uscg.mil or Troy Olson at (206) 217-6613 troy.e.olson@uscg.mil.
- **Stress-Free Holidays with Kids:** Spend more enjoyable time with your family this holiday season: <http://www.thecoalitionforchildren.org/helpforstressfreeholidays/6-tips-for-keeping-a-routine-during-the-holidays>. For additional ideas to connect with your kids, contact Child Development Services Specialist Kelly Smitherman at (503) 861-6242 kelly.m.smitherman@uscg.mil.
- **10 Things to Do if You’re Alone for the Holidays:** <https://psychcentral.com/lib/10-things-to-do-if-youre-alone-for-the-holidays>. For more ideas or resources, contact Employee Assistance Program Coordinators Kristin Cox (206) 217-6607 kristin.l.cox@uscg.mil or Bob Atadero (503) 861-6327 robert.m.atadero@uscg.mil.
- **Receive USCG Tax Documents Electronically:** Use Direct Access before 19 December to choose the electronic W-2 option. Receiving tax documents electronically is quicker and protects against Identity Theft. <https://hcm.direct-access.us/psp/H CPRD/?cmd=login&languageCd=ENG&> Contact the Personal Financial Manager, Angela LeMaster at (206) 217-6615 angela.d.lemaster@uscg.mil.

Very respectfully,
Your Work-Life Staff

Work-Life Web Site:
<http://cglink.uscg.mil/SeattleWorkLife>

Work-Life Web Site From Home:
<https://www.dcms.uscg.mil/Base-Seattle/Work-Life>