

# Emotional wellness during the holidays and COVID-19

As we navigate a second holiday season during a pandemic, we are faced with grief, loss and continuous change that may impact holiday celebrations. If you are sad or struggling, be honest about it with family and friends. It helps them understand what you're going through.

Visit [MagellanHealthcare.com/Holidays](https://MagellanHealthcare.com/Holidays) for more information and helpful resources.

