Emotional wellness during the holidays with COVID-19

The holidays can be hard. They are really hard during COVID-19. The need to stay at home and limit contact with others is important right now. That can be lonely and isolating. Loneliness can take a toll on both our mental and physical health. Reach out virtually. Try to stay on a normal routine. Look for ways to help.

Want to learn more? Go to www.healthwise.net/MagellanHealth and search for “holidays” or “COVID-19.”

Adapted with permission from copyrighted materials from Healthwise, Incorporated. Healthwise, Incorporated disclaims any warranty and all liability for your use of this information.