



# Learn how to reduce stress during the holiday season

While the holidays can be a joyful time, giving you a chance to reconnect with friends and family, they can also cause stress.

Follow these tips to manage stress:

- **Make lists and share tasks.** Keep track of tasks to get done and events to attend. Sharing your “to do” list with others is a great way to complete decorating, gift wrapping and food prep while spending time with friends and family.
- **Get support if you need it.** Holidays can sometimes trigger depression. Talk with your doctor about counseling or medicine to help you feel better.
- **Know your spending limit.** Set a budget and don’t spend more than you’ve planned. You can show love and caring with any gift that is meaningful and personal. It doesn’t have to cost a lot.
- **Keep a routine sleep, meal and exercise schedule.** Limit your alcohol. Taking care of yourself will help you deal with stressful conditions during the holidays.

For more information and helpful resources, visit [www.healthwise.net/MagellanHealth](http://www.healthwise.net/MagellanHealth) (search for “holiday stress” or “stress”) and [MagellanHealthcare.com/Holidays](http://MagellanHealthcare.com/Holidays).

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