

2021 Holiday Emotional Wellness

While the holidays can be a joyful time, they can also be a source of sadness, anxiety and stress. In a recent study, 44% of Americans said that preparing for the holidays is stressful, and 39% said that family gatherings during the holidays are stressful.¹ If you are sad or struggling around the holidays, it's important to check in with family and friends to help them understand what you are going through.

As we navigate a second holiday season during a pandemic, we are faced with grief, loss and continuous change that may impact and cause confusion around how we celebrate the holidays. 49% of Americans say that COVID-19 has forever changed the way they celebrate the holidays.¹ Open communication will help you understand and honor your loved one's feelings and preferences about holiday gatherings that may have changed from before the pandemic, to 2020 and now.

Holidays may not be the same; however, there are ways to find peace and moments of joy. Magellan Healthcare has prepared resources to help. We encourage you to use these free resources and information, and share with family, friends and colleagues.

Magellan Health webinar

"Holiday emotional wellness during a second year of COVID-19," Wed., Nov. 17, 2:00-3:00 p.m. ET

- **Presenters:** Candice Tate, MD, MBA, medical director, Magellan Healthcare; and Barbara Corn, RN, MA, CPHQ, vice president, physician and clinical operations, Magellan Rx Management
- **Moderator:** Dana Foglesong, MSW, NCPS, national director, recovery and resiliency services, Magellan Healthcare

Visit [here](#) for more information and free registration.

Additional information and resources

- Visit MagellanHealthcare.com/Holidays for updates, downloads and more.
- Follow us on [LinkedIn](#), [Twitter](#) and our MY LIFE [Facebook](#) page for more information and tools.
- Check out our Magellan Health Insights [blog](#) for posts throughout the holidays and beyond.

¹ Collage Group Holidays and Occasions Survey, May 2021