

# 2022 Emotional Wellbeing During the Holidays

The holidays can be a time of joy, and they can also bring increased levels of stress, anxiety and sadness. 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.

With inflation at a 40-year high in 2022, 68% of Americans are expecting holiday spending to worsen their stress levels this year.<sup>1</sup> Forty-nine percent of Americans experience increased stress due to the expectations of family and friends.<sup>1</sup>

**During the holiday season and throughout the year, Magellan is committed to improving and increasing awareness about behavioral/mental health through our community outreach and innovative behavioral health member and provider services.**

While we can always find a cause for concern, we can also find things to be grateful for. Shifting the focus can make you feel better. We encourage you to learn more through the resources on this page, and share with family, friends and colleagues.

## Magellan Healthcare webinar

### "Protecting your emotional wellbeing this holiday season"

Wednesday, November 16, 2:00–3:00 p.m. ET

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

## Additional information and resources

- Visit [MagellanHealthcare.com/Holidays](https://MagellanHealthcare.com/Holidays) for event updates, downloads and more.
- Follow us on [LinkedIn](#), [Twitter](#) and [Facebook](#) for more information and tools.
- Check out our Magellan Health Insights [blog](#) for posts in November, December and beyond.

---

<sup>1</sup> [Beyond Finance financial stress survey, August 2022](#)