

# 2023 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. Readyng ourselves to cope with holiday stress requires a mindset shift. One way to reduce stress so you can better enjoy the holidays is to set healthy boundaries.

**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.**

You're in the right place to learn about setting and sticking to boundaries, and other tips and resources to help you find peace and moments of joy this holiday season. We encourage you to learn more through the resources on this page, and share with family, friends and colleagues.

## Magellan Healthcare webinar

### " Holiday boundaries-the best gift to give yourself"

Wednesday, November 15, 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](#) and [Facebook](#) for more information and tools.
- Check out our Magellan Health Insights [blog](#) for posts in November, December and beyond.