How to avoid family stress

Find joy on your terms

• Do what <u>matters</u> most to you and don't be afraid to say "no."

• Set realistic expectations and boundaries.

• Put aside differences and don't revert to old patterns.

• Plan your coping strategies, breathe deeply and walk away when you need to.

Visit MagellanHealthcare.com/Holidays for more resources on holiday emotional wellness and COVID-19.



