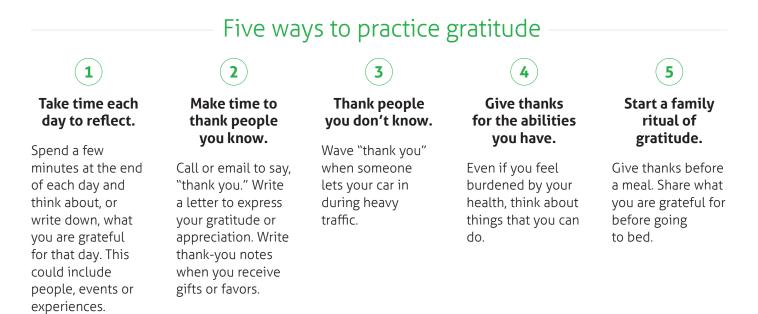


A season of gratitude Finding balance and peace this holiday season

The holidays are busy, and the extra demands on our time due to shopping, cooking, cleaning, party planning and attending events and social gatherings can be stressful.

The holidays are also a good time to concentrate on family and friends, so don't let stress get the best of you. Focus on gratitude to improve your wellbeing. Studies suggest that people who practice gratitude are more optimistic, pleased with their lives and connected to others when compared to those who reflect on daily hassles.



For more helpful information and resources, visit MagellanHealthcare.com/Holidays.