



December is National Stress-Free Family Holidays Month

Holiday happiness jar

This simple activity can help you experience a happier holiday season by focusing on positive memories. Print and cut out the cards below. Read the prompts and think of a happy memory for each. Write your answers on the back and place the cards in a jar. Throughout the holiday season, pull out a card during a break or as part of your morning or bedtime routine to keep your favorite holiday memories alive!

A holiday food or drink I love to indulge in	My favorite holiday memory	A fun game/activity I played	A holiday story that brings back fond memories
A favorite holiday tradition	A holiday song that reminds me of good times	A favorite place I visited during the holidays	A favorite gift I received
A holiday decoration that brings back fond memories	A favorite holiday movie or TV special	A holiday song that always puts me in a festive mood	A special holiday card or letter I received
A memorable holiday trip or vacation	A holiday tradition I started with my family or friends	A holiday craft or DIY project I enjoy	A funny holiday moment that always makes me laugh
A holiday recipe I love to make	A memorable holiday party	A holiday tradition from my childhood	A holiday book or story I enjoy reading
A holiday event or festival I look forward to	A holiday outfit or costume I wore	A holiday photo that makes me smile	A holiday gift I gave that was well-received
A holiday scent that brings back memories	A holiday activity I enjoy doing outdoors	A holiday song I love to sing along to	A holiday activity I enjoy doing indoors



For more information, scan the QR code to visit your Employee Assistance Program member website, Member.MagellanHealthcare.com, or call 1-800-356-7089 (TTY 711).

