December is National Stress-Free Family Holidays Month

Stay cheerful during the holiday season

Prioritizing your mental health and wellbeing can help relieve stress, bring joy and create happier holidays.

Focus on what's important

Sometimes holiday plans don't go as expected. Focus on what really matters to you and release the rest. This helps you stay centered on joy and reduces unnecessary stress.

Prioritize self-care

Deep breathing, exercising and setting limits on commitments during the holidays can increase self-awareness. Taking care of yourself ensures you have the energy and positivity to enjoy the season.

Stay connected

Sharing stories, helping others and being present can strengthen relationships. This allows you and others to laugh, feel supported and overcome feelings of anxiety, sadness, loneliness and grief.

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).

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