



December is National Stress-Free Family Holidays Month

Slow down and savor the moment

The holiday season often becomes chaotic and commercial, so it's important to intentionally create calm and simplicity. Gather friends or family for mindful moments like these:



Silent snow or sky watching

Sit by the window (or go outside) and gaze at the sky or watch the snow fall in silence for 5 – 10 minutes. Focus on the movement, the chill and the quiet.



Quiet night

Once a week, turn off all screens and music. Light a fire or candles and snuggle up under blankets. Just sit, read or have quiet thoughts.



Hot cocoa meditation

Sip hot cocoa slowly, noticing the aroma, flavor and warmth. See how long you can make one sip last!



Scent memory exploration

Close your eyes and smell pine needles, cinnamon sticks or gingerbread. Describe the memories or feelings that come to mind.

Let these mindful moments remind you that presence is the best gift of all.



Scan the QR code to visit your Member.MagellanHealthcare.com or call your Employee Assistance Program at 1-800-356-7089 (TTY 711) for more information.