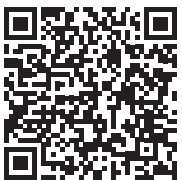




Bring mindfulness to the holiday season

It is normal to feel stress during the holidays. Learn how to reduce stress and practice mindfulness, and you may enjoy the holidays more.

What is mindfulness? Mindfulness is focusing your awareness on the present moment, without reaction or judgment. Practicing mindfulness improves relationship satisfaction, reduces stress in relationships and increases empathy.



How to get started? Scan the QR code to complete a brief, three-minute breathing exercise. Focusing on the breath can help you gain a sense of control over your stress. And the more control you have over your stress, the better you'll feel.

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