



## Keep stress wrapped up this holiday season

If you found last year's holidays stressful, try simplifying your activities this year.

- Eliminate those holiday activities that always cause you stress. Saying “no” is okay.
- Take a social media break; the “perfect” moments of others can lead to invalid comparisons.
- Include periods of relaxation in your holiday schedule—some “you” time—where you can slow down and unplug.

Help is available. Call your Employee Assistance Program or visit [MagellanAscend.com](https://MagellanAscend.com) for helpful resources.