



Practice 12 days of mindfulness!

Take time each day to pause, take a few deep breaths and reconnect with the present moment.

Free, confidential resources are available 24/7/365 through your Employee Assistance Program. Give us a call at 1-800-450-1327 (TTY 711) or visit Member.MagellanHealthcare.com (enter Principal Core) to get started.



Practice random acts of kindness.

Help someone when they don't expect it. Wave someone ahead of you in line. Smile at people you see in the store.

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A smiling man with a beard and glasses, wearing a red and blue plaid shirt, is holding a brown envelope. The image is partially obscured by a white diagonal line that separates the header from the main text area. Several colorful triangles (green, yellow, blue, purple, orange) are scattered along this line.

Focus on the meaning of the season.

Holidays aren't just about gift-giving. Show your family and friends you care by calling them, sending a text or mailing a card.

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Make gratitude fun!

At a holiday gathering, ask everyone to share three things that they are grateful for and learn something new about your family and friends.

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Do something restorative.

Unplug your media. Take a walk.
Cuddle your pet. Grab a coffee with
a friend. Try a new recipe.


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Take a moment for yourself.

Block out “me time” during the week. Try doing nothing for 10 minutes. Allowing yourself these solo moments prevents burnout.

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Remember what you love about people who cause friction.

Agree to disagree. You can't change people, but you can control how you react to them.

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