



December is National Stress-Free Family Holidays Month

The holidays can be joyous but stressful. Consider some tips for keeping the strain of the season at bay.

- Don't strive for the "perfect" holidays. Be realistic about what you can do. Gracefully decline some invitations.
- If the familiar family holiday rituals have become a burden, try celebrating in simpler ways.
- Prioritize your health. Don't skimp on sleep. Exercise over the holidays to moderate stress and burn calories.

Call your Employee Assistance Program at 1-800-450-1327 (TTY 711) or visit Member.MagellanHealthcare.com (enter Principal Core) for helpful resources.

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