**Client to Members**

Subject line: Find peace and balance this holiday season

**Practice gratitude, find peace and balance this holiday season**

The holidays are busy, and the extra demands on our time due to shopping, cooking, cleaning, party planning and attending events and social gatherings can be stressful.

The holidays are also a good time to concentrate on family and friends, so don’t let stress get the best of you. Focus on gratitude to improve your wellbeing. Studies suggest that people who practice gratitude are more optimistic, pleased with their lives and connected to others when compared to those who reflect on daily hassles.

During the 2023 holiday season, we would like to remind you that your program provides emotional health and wellbeing services and resources to help you and your household members learn more about how to reduce stress and practice mindfulness to enjoy the holidays more.

Your program is available any time, day or night. You can use it as a resource for self-help tools, counseling, financial wellbeing and other life enrichment services that are free of charge and confidential to use.

Visit the member website, [Member.MagellanHealthcare.com](file:///C%3A%5CUsers%5Ccsjohnson1%5CDownloads%5CMember.MagellanHealthcare.com) today or call 1-800-xxx-xxxx for compassionate and caring support.