

Subject:

Healthy holiday boundaries are the best gift you can give yourself



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The holidays can be a happy time; however, seasonal stress can affect us all.

Readying ourselves to cope with holiday stress requires a mindset shift. One way to reduce stress and enjoy the holidays more is to set a boundary or a line you put in place to protect your mental health and wellbeing. We are pleased to share a holiday wellbeing campaign featuring helpful tips and empowering phrases to help you set your limits with kindness.

As a reminder, 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.

To get started, visit the member website [[links to MagellanAscend.com](https://links.to/MagellanAscend.com) or Member.MagellanHealthcare.com] or call 1-800-xxx-xxxx.