



# Learn how to reduce stress during the holiday season

While the holidays can be a joyful time, giving you a chance to reconnect with friends and family, they can also cause stress.

Follow these tips to manage stress:

- **Make lists and share tasks.** Keep track of tasks to get done and events to attend. Sharing your “to do” list with others is a great way to complete decorating, gift wrapping and food prep while spending time with friends and family.
- **Get support if you need it.** Holidays can sometimes trigger depression. Talk with your doctor about counseling or medicine to help you feel better.
- **Know your spending limit.** Set a budget and don’t spend more than you’ve planned. You can show love and caring with any gift that is meaningful and personal. It doesn’t have to cost a lot.
- **Keep a routine sleep, meal and exercise schedule.** Limit your alcohol. Taking care of yourself will help you deal with stressful conditions during the holidays.



Contact your Employee Assistance Program at 1-866-580-9046 (TTY 711) or visit [MagellanAscend.com](https://MagellanAscend.com) to get started.

Adapted with permission from copyrighted materials from Healthwise, Incorporated. Healthwise, Incorporated disclaims any warranty and all liability for your use of this information.

B-F2064 (10/21) ©2021 Magellan Health, Inc.

**Magellan**  
HEALTHCARE®