



December is National Stress-Free Family Holidays Month

Learn how to reduce stress during the holiday season.

The holidays can be a joyful time. They can give you a chance to reconnect with friends and family, but 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.

Visit www.healthwise.net/MagellanHealth and search for “holiday stress” or “stress” for more info.