



# Did You Know?

## YOUR EMPLOYEE ASSISTANCE PROGRAM (EAP) CAN HELP YOU DEAL WITH HOLIDAY STRESS.

The holiday season is a time for celebrations, gift giving, and reconnecting with family and friends. But the season can also bring with it added stress due to high expectations to have that perfect holiday. Your EAP can help you make the holidays your own.

- Information and articles on holiday planning, healthy holiday eating, and holiday safety
- Tools for stress management and relaxation
- Tips on how to make the holidays less stressful
- Financial tools to help you budget for the holidays
- Assistance locating volunteer opportunities in your area
- Counseling to assist with stress, anxiety, and the "holiday blues"
- Guidance on how to help your children focus on what is truly important about the holiday season
- 24/7 program access

### Contact Your EAP Today

Phone: (866) 327-2400

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