

## YOUR EMPLOYEE ASSISTANCE PROGRAM

# *Make the holidays shine bright— your help for a stress-free holiday season*

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.

- Articles on holiday planning, healthy holiday eating, and holiday safety
- Tools for stress management and relaxation
- Help with locating caterers, party planners, and making holiday travel plans through our Work/Life consultation program
- 24/7 program access via the Helpline
- Counseling for stress, anxiety, depression, and grief



ALWAYS AVAILABLE. ALWAYS CONFIDENTIAL.

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