

# Put a **silent night** on the calendar

Celebrations don't always require a crowd. Some quiet time with a friend or just your family can give you a break from the holiday party scene.

It's okay to say "no" to events. Sometimes staying in for a "silent night" is just what you need most to relax and reflect on the meaning of the season.

For more tips on having a healthy holiday, reach out to your EAP. We'll help you maximize enjoyment while avoiding holiday stress traps along the way.



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