



Stress less this holiday season.

Ask people what they treasure most about the holiday season and you'll usually hear "a chance to spend time with friends and family." Funny how what we wish for can sometimes turn out to be stressful too. Ask people what stresses them out most about the holidays and you'll hear an endless list of holiday chores, not enough time for themselves and spending too much money.

Your EAP can help you identify stressors and find solutions to combat them this holiday season.



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