



**BENEFITING YOU**  
— at every stage —

## HOW TO HAVE A HOLLY, JOLLY, STRESS-FREE HOLIDAY SEASON

**The holidays are for good cheer, but stress and anxiety can derail it all.**

It's always great to see your family having a good time and enjoying the holidays, but there are a lot of things that can stress you out. Stress and anxiety can creep up on anyone. Use the **Employee Assistance Program (EAP)** for free, confidential support through the holidays and throughout the new year.

### Save Money With LifeWorks

Download the Lifeworks app to enjoy online discounts and cashback offers this holiday season!



## Avoid Holiday Stress With These Useful Tips

- 1. Start early:** Instead of scrambling at the last minute, put in a little effort early to ensure you are happy and relaxed down the road.
- 2. Stick to a budget:** The most common cause of stress in life is money. To avoid stressing over every transaction, budget your money ahead of time and consider whatever is in that budget as money that is already spent.
- 3. Shift your mentality:** Sometimes enjoying the holidays can be as simple as changing your mindset. If we enter the holidays from a place of thankfulness and gratitude, we can spread holiday cheer to the rest of the family.

Visit [IngramBenefits.com](https://IngramBenefits.com) > Resources > Employee Assistance Program to learn more!