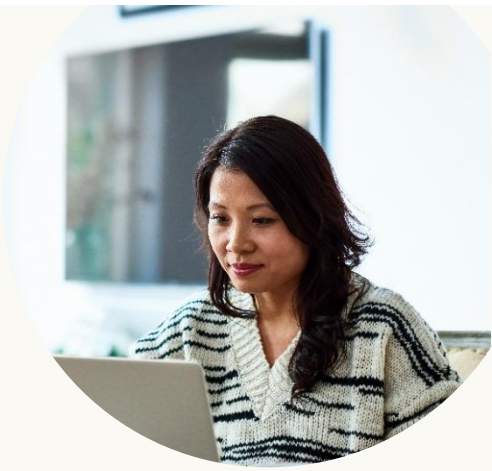
Optum

Member training:

Finding Gratitude in Festive Celebrations



December featured training

Finding Gratitude in Festive Celebrations

Festive seasons can be happy times, but they can also add stress, no matter where you are in the world, or who you are celebrating with. This program will explore practical strategies for managing stress and finding gratitude during festive seasons. Whether you celebrate Christmas, Hanukkah, Diwali, Eid, or any other festival, you will gain tips and techniques to enhance your celebrations and improve your mental health. Participants will be able to make better choices for festive seasons while lowering stress levels and improving relationships. This program is tailored to a global audience and embraces diverse cultural traditions.

Learning Points

- Explore common festive season stressors and identify factors that lead to them
- Discuss methods to reframe how to approach festive seasons
- Determine strategies for coping with festive season stress that promote wellbeing throughout the season

Register for a live 1-hour training session or use the on-demand option to watch the training when it's convenient for you. Training options are in English and available globally.

Recorded sessions On demand (no Q&A) Watch here Short on time? Watch the 10-minute summary here	8th December 11AM-12PM Central Time (with Q&A) Register now	9th December 1AM-2AM Central Time (with Q&A) Register now	14th December 1PM-2PM Central Time (with Q&A) Register now	15th December 7AM-8AM Central Time (with Q&A) Register now

Space is limited for the live training session options, so advance registration is required.

This program should not be used for emergency or urgent care needs. In an emergency, call 911 if you are in the United States, the local emergency services phone number if you are outside the United States, or go to the nearest A&E. This program is not a substitute for a doctor's or professional's care. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against Optum or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g., employer or health plan). This program and all its components, in particular services to family members below the age of 16, may not be available in all locations and is subject to change without prior notice. Experience and/or educational levels of Emotional Wellbeing Solutions resources may vary based on contract requirements or country regulatory requirements. Coverage exclusions and limitations may apply.

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