Managing holiday stress



The holidays can be a time of joy and celebration. With all the expectations and commitments, however, the season also can make people feel stressed.

If you'd like help managing your stress or anxiety during the holidays, your Employee Assistance Program (EAP) offers a wide range of support and resources, available at no extra cost:

- Tips for balancing work and family commitments
- Guidance for addressing stress and anxiety
- Tools and resources to help keep your life in balance
- Articles on staying healthy during the holidays

https://www.anthemeap.com/the-local-choice

Anthem

These resources can help you address your stress and anxiety and create healthy, lifelong habits.

Professional counseling

Connect with a licensed professional counselor for confidential online or in-person sessions.

Educational podcasts

Learn more by listening to brief, educational podcasts from our licensed professional counselors.

Online support

Search for "stress" on the website to read articles that can help you and your loved ones.

Your EAP is here to help, 24/7

There are multiple ways to find support:

- Call **1-855-223-9277**.
- Go to **anthemEAP.com/the-local-choice**

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