

EAP: TACKLING THE HOLIDAY BLUES & STRESS

During the holiday season, many people look forward to the time of togetherness and celebration with friends and family. But, for others, the holidays can be a time of stress and dread. The additional financial pressures, personal demands, and grief experienced by those who have lost loved ones can make this time of year challenging.

Your EAP offers a number of support resources that can help bring the joy back into the season.

- **Counseling for stress, anxiety, grief/loss**
- **Tools for stress management & resiliency**
- **Help with finding gifts, party essentials, & making holiday travel plans**
- **Financial consultation to help you budget holiday spending**

CALL TODAY FOR FREE
CONFIDENTIAL SUPPORT

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