

# Best Practices for Holiday Emotional Wellbeing

While the holidays can be a joyful time, they can also be a source of sadness, anxiety, and stress. Readyng ourselves to cope with holiday stress requires a mindset shift. One way to reduce stress so you can better enjoy the holidays is to set healthy boundaries.

Magellan Healthcare is committed to increasing the availability of wellbeing resources, including materials and information to manage stress. These resources can help individuals of all ages to get the most out of this holiday season.

Our holiday emotional wellbeing toolkit includes posters, flyers, and digital signs on the following topics:

- Setting boundaries
- Practicing mindfulness and gratitude
- Managing financial stress during the holidays

Find these resources and more at [magellanhealthcare.com/bh-resources/2023-holidays](https://magellanhealthcare.com/bh-resources/2023-holidays). Feel free to share them with colleagues, friends, and family members.