



## Plan for a Smoother Holiday Season

The winter holiday season can be fun and festive. It can also be stressful and tiring. You can reduce your stress—and stay in better balance—if you plan well, keep up your healthy habits, and stay within your budget for gifts.

Your program can provide ideas on how you and your family can have a happier, healthier holiday season this year.



Employee Assistance Program  
*We care, just call.*

**1-800-222-0364**

1-888-262-7848 TTY Users

[www.FOH4YOU.com](http://www.FOH4YOU.com)