

Hectic *Holiday?*

This holiday season is often regarded as the most wonderful time of the year. But for some, it can be stressful and depressing causing headaches, overeating, insomnia and excessive alcohol consumption.

To combat these side effects, it is best to identify the cause of your stress and then take steps to rectify them. Consider the following suggestions:

- ◆ Do not feel as though you **MUST** meet all family obligations.
- ◆ Ask others for assistance in hosting gatherings, purchasing presents, etc.
- ◆ Make a list of priorities in chronological order so you do not become too overwhelmed.
- ◆ Consider volunteering to help others, especially if you are feeling lonely.
- ◆ Stay active and continue to exercise and eat healthy.
- ◆ Do not overspend. Keep tabs on your holiday budget and stick to it.

If the holidays are putting a strain on your mental health or someone in your family, **remember the below services are available to help**

natus®



Connect with Resources for Living:

Call
(800) 342-8111



Free, confidential
24/7 support for all
Natus employees and
members of your
household.

resourcesforliving.com



Username: **Natus**

Password: **eap**

TalkSpace



Log on & go to
Services, select
“**Sign up for
Talkspace**”. Choose
a therapist and
begin messaging.

MyStrength



Sign up with code:
Natus
& create personal
password