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**

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Call the 24/7 Mental Wellbeing Support Program:

Log into Laya healthcare

Call the 24/7 Mental Wellbeing Support Program phone number. Contact details can be found by logging into, or registering for, your Member Area (use the QR code).

You will receive immediate advice and support from a fully qualified and experienced psychotherapist, who is based in Ireland.

This benefit is exclusively available to Laya healthcare members & their immediate families (aged 16+).