

# Benefits update

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## Need Help Coping with Holiday Stress? Tips to Keep Your Season Bright

The holidays are a time for celebrations, gift giving, and reconnecting with family and friends. But the demands of the season — shopping and running errands, back-to-back holiday parties and social obligations, houseguests and relatives — can often bring unwanted stress and depression.

Heading into the holidays with a plan for handling stress may be the best gift you can give yourself and the people who'll share the season with you. Here are some practical tips to help minimize the stress and help you enjoy the holidays more:

- **Keep Your Healthy Habits.** When things start to get hectic and you've been in too many traffic jams and crowded stores, remember what keeps you centered. Put down your phone or just listen to your favorite music to unwind. Get plenty of rest, eat well and stay physically active to bring joy back to the holiday season.
- **Do Less.** When you're looking at your calendar or to-do list, be fair to yourself. It's okay to say "no" to demands on your time. Set limits and be choosy about where and how you spend your time, energy, and money.
- **Be Realistic.** The holiday season can be long and full of commitments. From family to finances, the holidays often create high expectations. Get comfortable with the idea that you don't have to do everything, and everything doesn't have to be perfect.

### Resources for Living (Aetna) EAP

Regardless of how much we plan or monitor stress levels, sometimes we all need a little extra support. Your Aetna Employee Assistance Program can help keep you feeling festive all season long by offering:

- Objective, experienced counselors to help guide you when you need it the most.
- Confidential, private discussions to determine the triggers of your stress or anxiety.
- Assistance in developing coping strategies to help you deal with holiday blues.

Remember, the EAP is FREE (Michaels covers the entire cost) and is there for you any time, day or night...even on holidays. ESPECIALLY on holidays!

Learn more about the EAP on [MIKBenefits.com](https://mikbenefits.com).

Call the EAP *anytime* at  
**1-800-283-5645** (TTY 711).

For more information, visit  
[www.resourcesforliving.com](https://www.resourcesforliving.com)  
(Username: Michaels; Password:  
8002835645). After you log in  
to the EAP website, you will  
find:

- Tips on how to deal with holiday stress
- Video on managing stress during the holidays
- Hints on identifying sources of stress

