

Celebrate with ease

Your resource for a stress-free holiday season

Whether your calendar is filled with festivities, solitude or some of both, the holidays can cause a range of emotions and added strain for you and your loved ones. The Holiday Toolkit is here to help with:

-  **Self-care.** Tips and tools for stress management, relaxation and resilience.
-  **Budget.** Financial resources, calculators, worksheets and consultations.
-  **Work-life balance.** Referrals for child, elder and pet care to accommodate holiday schedules.
-  **In-the-moment support.** Confidential access to licensed clinicians 24 hours a day, 365 days a year.



www.eaptoolkit.com/holiday

