

Keeping the Holidays *Happy and Healthy*

Make this season a happy and healthy one by giving yourself the best present of all: peace of mind. Take the stress out of the holidays by taking care of yourself, bringing balance to your work and home life, and letting yourself relax and enjoy the season with your loved ones and friends. Your GuidanceResources® program can help, throughout the holidays and the year ahead. Talk to us for:



Confidential Counseling

Job pressures, family issues, and thoughts of a lost loved one can be especially difficult during the holiday season. Free counseling can help you address the holiday blues, relationships, and any other personal issues you may face, including: **Reducing or managing holiday stress, coping with seasonal depression and loneliness, relationship or marital conflicts, grief and loss, and staying safe while celebrating the season.**

Work-Life Solutions

Are you seeking the perfect gift but don't know where to find it? Planning a big holiday party? Want to escape the cold weather for sunnier climes? Look no further, our Work-Life specialists will do the research for you, providing qualified referrals and customized resources for all your holiday to-dos: **Finding gifts or home decorations, holiday meal ideas or caterers, local support organizations and charities, and transportation assistance.**

Financial Guidance

All of the gifts, decorations, and other expenses can be a budget-buster. To avoid the financial pitfalls of this time of year, or to get a handle on your overall financial plan, speak by phone with our financial experts about: **Managing credit card and other debts, estate planning, putting aside a rainy-day fund, understanding your retirement plans, or budgeting for the holidays.**

Digital Wellness and Mental Health Tools

All the excesses and stress of the season can be hard on your health. Your program's website, guidanceresources.com, and app, GuidanceNowSM, offer free tools, resources, and guidance to keep you healthy and happy throughout the busy season. Log on using your organization's Web ID for: **Your personal Assess Me tool and individualized Well-Being plans, recipes, guides, and suggestions for delicious and healthy holiday meals, guides and on-demand trainings for handling holiday stress, tools to improve mood and relax during the holidays, and much more.**



For more tips on keeping the holidays healthy and happy at work and at home, consult the online [Holiday Resource Toolkit](#).



Call: 855-699-6908
App: GuidanceNowSM
Online: guidanceresources.com

TRS: Dial 711
Web ID: SVVSD

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