

# December is National Stress-Free Family Holidays Month

While the holidays can be a joyful time, giving you a chance to reconnect with friends and family, they can also cause stress. You may not be able to avoid stressful situations but you can plan to respond to them in a healthy way. Learn how to manage your holiday stress.

Contact your Employee Assistance Program at 1-800-327-6754 (TTY 711) or visit [MagellanAscend.com](https://MagellanAscend.com) to get started.

