

Holiday Peace of Mind



Holidays are filled with warmth, joy and celebration. But unfortunately, they can also cause stress and depression from last-minute shopping, overspending on gifts, eating too much or having a first holiday without a loved one. All of these triggers can ultimately impact your health. With some careful planning and resources for assistance, you can reduce the stress and depression associated with the holidays.

For information about stress and depression during the holidays and tips for coping, please visit: <http://www.mayoclinic.com/health/stress/MH00030>.

Additional information can be found in the "Resource Directory" on the Ohio Employee Assistance Program Web site: <http://www.ohio.gov/eap>.

