

TIP OF THE WEEK



Minimize Holiday Stress

Stress and depression can put a damper on your holidays and hurt your health. These tips can help control stress levels and keep the season fun and relaxing.

REACH OUT. Seek out community, religious, or other social events. Volunteer your time.

PLAN AHEAD. Set aside specific days for shopping, visiting friends, and other activities.

STICK TO A BUDGET. To reduce costs, try giving homemade gifts or start a family gift exchange.

SAY NO. Others will understand if you can't participate in every activity.

SEEK HELP IF NEEDED. The Employee Assistance Program (EAP) is available at no cost to UT SELECT members. EAP provides confidential, professional help with stress or problems at home or work.

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