

# 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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