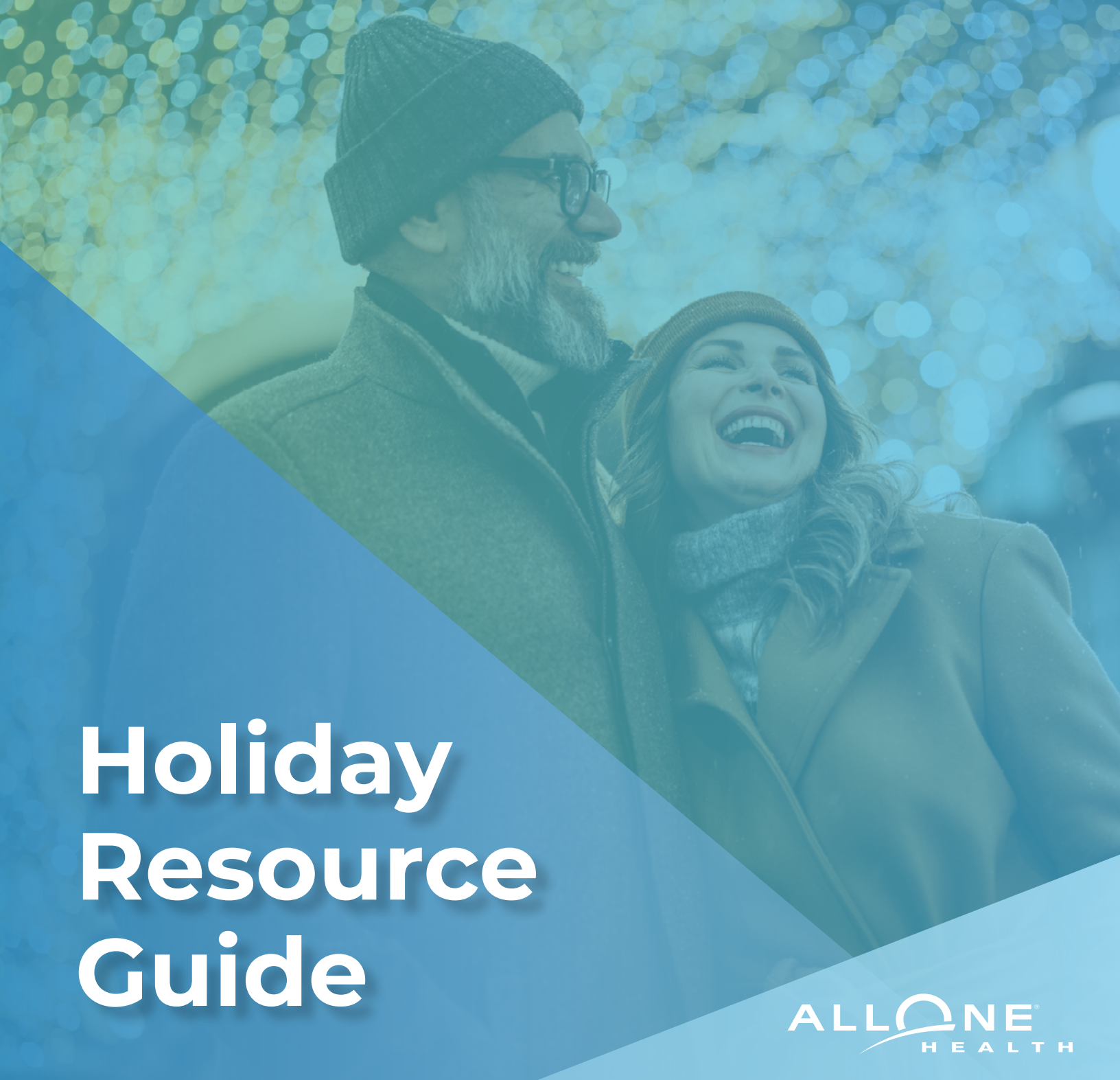




Holiday Resource Guide

ALLONE[®]
HEALTH

Peace of Mind for the Season Ahead

The holiday season can bring both joy and pressure, but AllOne Health is here to help you manage expectations, ease stress, and navigate the season with more balance and calm.

Visit allonehealth.com/member-support

Support for a Healthier, Happier Holiday



Practical Coping Strategies:

Learn ways to reset when stress builds, from quick breathing exercises to time-saving routines.



Confidential Counseling:

Talk through challenges like family conflict, grief, or burnout with a supportive professional.



Work-Life Harmony Tools:

Access articles, webinars, and courses designed to help you set boundaries and protect your energy.



In-the-Moment Support:

Connect with someone right away when stress feels unmanageable.



You don't have to push through holiday stress alone. AllOne Health offers compassionate support so you can focus on what matters most—connection, wellbeing, and peace of mind.

We are available 24/7



Finding Calm in the Holiday Season

The holidays are often pictured as joyful and peaceful, but for many, they can bring extra stress, pressure, and even loneliness. Between family expectations, financial worries, travel plans, and busy schedules, it's easy to feel stretched thin. The good news is there are simple ways to reduce the pressure and find calm this season.

Try These Gentle Resets:

Simplify where you can. Choose what matters most to you and let go of what doesn't. You don't need to say yes to every invitation or create the "perfect" holiday.

Protect your energy. Build in moments to rest, whether it's going for a quiet walk, taking a nap, or unplugging from your phone.

Spend within your comfort zone. Create a realistic budget for gifts and activities so financial strain doesn't carry into the new year.

Set boundaries with kindness. It's okay to say no or limit time in situations that feel overwhelming.

Stay connected. If you're feeling lonely, reach out to friends, join a community event, or connect virtually with loved ones.



Peace begins with how you care for yourself

How AllOne Health Can Help

You don't have to navigate holiday stress alone. AllOne Health is here with:

- **Short-term counseling** for stress, anxiety, or loneliness
- **Coaching** for boundary setting and time management
- **Webinars, support groups, and articles** on handling holiday pressures
- **Financial resources** and budgeting tools
- **24-7 confidential support** whenever you need it



If you're feeling overwhelmed, don't wait—reach out to AllOne Health for support. Sometimes a conversation, a new strategy, or even a small shift in perspective can bring back the joy of the season.

**Here When You Need a
Little Extra Support**



Holiday SURVIVAL GUIDE



PRIORITIZE TIME OFF

If possible, take time off around the holidays to decompress and reset. If you can't, make sure to relax after work and use your vacation days in the New Year.



DON'T COMPARE YOURSELF TO OTHERS

Seeing others have fancy holiday displays and elaborate dinner parties or gifts can make you feel less than. But you only see what's on the surface; it's not the full story. Be grateful for what you have!



TAKE TIME FOR HOLIDAY SELF-CARE

Relax with a cup of hot chocolate, read a book by the fire, watch a cozy holiday movie, listen to jazz versions of holiday music – whatever makes you happy and relaxed.



FOCUS ON PRESENCE, NOT PRESENTS

Gift buying can be expensive. Talk to your family or friends about having a Secret Santa or something similar and focus more on spending quality time with each other. That's what it's really about!



BE OKAY WITH SAYING NO

The holiday party that's far away. The last-minute gift giving when your budget is tight. You can say no to things you can't do. Prioritize your own wellbeing.



INCORPORATE JOYFUL MOVEMENT

Take a walk around the neighborhood to enjoy the colorful holiday lights. Dance around to holiday music. When you wake up, incorporate some yoga stretches. Breathe.



CREATE YOUR OWN TRADITIONS THAT SPARK JOY

Holiday traditions can be fun, but sometimes following traditions set by others is overwhelming. Focus on the activities you want to incorporate that bring you joy.



ASK FOR HELP WITH THE HOLIDAY TO-DO LIST

Overwhelmed with your holiday to-do list? Split up the gift shopping with your partner. Have friends or family help you with cooking or bringing a dish over to celebrate.



STOP TRYING TO HAVE THE PERFECT HOLIDAY

There is no such thing as perfect. Stop putting pressure on yourself to have everything be "just right." Embrace how things are and make your own fun this holiday!



CHECK OUT YOUR FREE ALLONE HEALTH RESOURCES

Looking for resources for managing chronic stress? Want to achieve your wellness goals in the New Year?