Keep it simple

Embrace your most treasured holiday memories from growing up—signature dishes, song-singing, family stories—and enjoy the time with the ones you love.

Creighton University
Employee Assistance Program
1-800-424-4831

Magellan HEALTHCARE.
Stay organized

Write important days on a calendar such as shopping for gifts or food, decorating, seeing a show, etc. to help you prioritize and stay focused.
Be active

Make a list of fun activities you can do with friends, family or by yourself. Go for a walk outside or try a new workout class to keep stress at bay.

Employee Assistance Program

1-800-424-4831
Divide up tasks

Include children and extended family in dinner prepping, gift wrapping and cleaning up.

Employee Assistance Program
1-800-424-4831
Set your spending limit

Lack of money is one of the biggest causes of stress during the holiday season. Know your budget and don’t spend more than you’ve planned.

Creighton University
Employee Assistance Program
1-800-424-4831
Practice self-care

Take a few minutes to find one thing you feel good about right now, and then linger on that thought for as long as you can.

[Employee Assistance Program]
1-800-424-4831

[Creighton University]
[Magellan Healthcare]