

## YOUR MEMBER ASSISTANCE PROGRAM

# *Make the holidays shine bright— your help for a stress-free holiday season*

The holiday season is a time for celebrations, gift giving, and reconnecting with family and friends. However, the season can also bring with it added stress, anxiety, and even the holiday blues. Your Member Assistance Program can help you make the holidays more relaxing by:

- Offering in the moment support and counseling assistance 24 hours per day, 7 days a week for you and your family members.
- Confidential, private discussions to determine the triggers of your stress or anxiety.
- Assistance in developing coping strategies to help you deal with holiday blues or the stress and anxiety they might bring.
- Providing objective, experienced counselors to help guide you when you need it the most.



**ALWAYS AVAILABLE. ALWAYS CONFIDENTIAL.  
MAKE YOUR HOLIDAYS LESS STRESSFUL.**

**CALL:** 800.633.3353

**VISIT:** [mygroup.com](http://mygroup.com)