



Managing Holiday Stress

The holiday season can be a joyful time, but it could also bring on sadness, added stress, and extra pressures. Balancing work, family, and personal commitments can feel overwhelming. To help you manage holiday stress and maintain your well-being, here are some helpful strategies and resources available to you.

Practical Strategies to Avoid Holiday Burnout

- **Plan and Prioritize:** Set realistic goals and focus on what matters most.
- **Practice Self-Care:** Make time for rest, exercise, and healthy habits.
- **Set a Budget:** Plan spending to avoid financial stress.
- **Manage Expectations:** Let go of perfection and control what you can.
- **Take Breaks:** Step away from work and screens to recharge.

Mental Wellness Support: Calm Health App

Employees (& dependents age 13+) covered under a CMU medical plan* can access the Calm Health app for free.

It offers guided meditations, sleep stories, calming music, mindfulness videos, and clinical programs.

Download the app here: <https://calmhealth.onelink.me/cfkt/bcbsmi> or scan the QR code to the right. Use access code **BCBSMI** if prompted.

**Note: Those not enrolled in a CMU medical plan can still create an account but may have limited access to resources.*



For more personalized 1:1 support:

CMU employees can get confidential support through the Health Advocate EAP at 866.799.2691 or email answers@HealthAdvocate.com.

