



Wishing for a peaceful, relaxing holiday season? How LifeWorks Can Help

The holiday season can be a very special time of year, but it can also bring added stress, and for some, increased anxiety and even sadness. Between managing a busy work schedule, cooking, shopping, travel, parties, and family visits, you may find yourself stressed, or even overwhelmed. You may also be struggling to cope with a recent challenge in your life, dealing with grief or loneliness, and concerned that the upcoming holiday season will be a difficult time for you.

Whether you could benefit from advice, emotional support, or practical ideas to help make the holidays simpler and more enjoyable, LifeWorks can help.

Contact us any time, 24/7, to speak with a caring consultant who can help you talk through how you're feeling and arm you with stress management and organizational tips and techniques.

You can also log in any time to www.lifeworks.com to access helpful articles and resources:

- **Managing Holiday Stress**
- **Blending Traditions During the Holidays**
- **Simple Pleasures to Bring You Close as a Family During the Winter Holiday Season**
- **Enjoying the Holidays with Your Older Relative**
- **Budgeting for the Holidays**
- **Giving Back (podcast)**

Call LifeWorks toll-free, any time: 1.877.207.8833

TTY: 1.877.371.9978

www.lifeworks.com

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