

# MODERN ASSISTANCE

EMPLOYEE ASSISTANCE PROGRAM



## MAKE YOUR HOLIDAY SEASON HAPPY & HEALTHY WITH HELP FROM MODERN ASSISTANCE PROGRAMS



The holiday season brings added demands and expectations. Be your best this holiday season by learning to balance your time and money and enhance your emotional well being by practicing a few simple strategies.

As your Employee Assistance Program, we provide a full-range of services, including support for mental health, substance abuse, and work life balance. The staff at Modern Assistance is available 24/7.



## TIPS FOR HOLIDAY STRESS

SIMPLE STEPS TO HELP CALM THE MIND AND BODY DURING THE BUSIEST SEASON



**ALLOW YOURSELF TO TAKE BREAKS**  
Even if it is just 20 minutes to take a walk, read a magazine, or watch your favorite TV show

### BUDGET

Use budgeting APPs and websites (MINT, Wally) to help organize your finances



### SAY NO

If things become overwhelming and you feel something isn't right for you, it's okay to say no to people and situations



### PRACTICE GRATITUDE

Remember the reason for the season. Find and write down people, places, and things you are grateful for



### ASK FOR HELP

If you are planning the holiday dinner, ask family and friends to make a dish. Also, plan dishes that are easier to make (Pinterest)

### REACH OUT

Talking to someone can help with stress. Give us a call at Modern Assistance  
617-774-0331

