

A person wearing a dark blue button-down shirt is holding a white smartphone in their right hand and a brown paper-wrapped gift with a twine bow in their left hand. The background is a soft, out-of-focus grey.

Stress less this holiday season

The holidays hold special memories for many, but it can also be a season of stress. Endless chores, family commitments, spending money on gifts and very little time for self-care can overwhelm even the most cheerful holiday host.

If the holidays feel extra stressful this year, you're not alone and it's okay to ask for help. Mental health professionals at WellConnect can help you identify stressors and find solutions to combat them in healthy ways this holiday season.

**WELL
CONNECT**SM
POWERED BY
NEW DIRECTIONS

A white graphic element consisting of two overlapping, stylized arrow shapes pointing to the right, positioned to the right of the WellConnect text.