

healthy choices



Finding Balance During the Holidays

The holidays often bring excitement and joy, but they can also stir up emotions that leave us feeling drained. Before the season begins, take time to think about what truly fills your cup and helps you feel balanced and at peace.

Make time for yourself.

The holidays are filled with gatherings and time spent with friends, family, and loved ones — but don't forget to carve out time just for you. Whether it's a solo walk, a yoga class, baking, reading, or running errands alone, small moments of solitude can help you recharge.

Keep your routine consistent.

Routines provide a sense of stability and calm. Even if your schedule changes or you're traveling, try to maintain key parts of your routine — such as regular exercise, balanced meals, or your usual bedtime ritual. These habits can help you feel grounded and in control during a busy season.

Rethink gift-giving. +

Meaningful gifts don't have to be expensive. Handwritten cards, baked goods, or simply spending quality time together can mean just as much — sometimes more. For larger groups, consider fun alternatives like cookie exchanges.

Avoid comparisons.

Social media use often increases during the holidays, and it's easy to compare our experiences to others. Remember, what you see online is often a highlight reel. Try stepping away from technology and focus instead on being present with the people around you.

Practice gratitude.

Even in the hustle and bustle, take a moment to appreciate what you're thankful for — extra time off, shared meals, laughter, or connection with loved ones.

Give yourself grace.

It's okay if your routine looks a little different right now. You can still meet your goals in new ways — like swapping your usual workout for a game of pickleball with family or meal prepping alongside others in a different kitchen.

Looking for a mental health provider?



Scan QR Code to
access your
Mental Health
Benefits.





Holiday Blues

The holiday season is a time of year often associated with joy, celebration, and connection. However, for many individuals, it can also be a period of increased stress and emotional strain. Holiday stress, coupled with the added pressures of family gatherings, financial burdens, and packed schedules, can have a significant impact on mental health. Recognizing the signs of stress and seeking support are critical for maintaining well-being during this challenging time.

Understanding the Impact of Holiday Stress on Mental Health

The heightened demands of the holiday season can affect mental health, particularly for individuals living with a mental illness. Factors such as financial pressure, family gatherings, and packed social calendars can exacerbate feelings of anxiety and depression. For some, these symptoms may be worsened around the holidays due to a sense of isolation or unmet expectations.

- Persistent feelings of sadness or irritability
- Difficulty sleeping or excessive fatigue
- A sense of being overwhelmed
- Changes in appetite or physical health concerns
- Withdrawal from family and friends
- Recognizing these signs is the first step in addressing the toll that holiday stress can take on mental health.

Cancer Navigator

If you or one of your family members is facing a cancer diagnosis of any type, or need help with a screening, **Cancer Navigator** is here to help.



Scan to learn more

Don't hesitate to reach out if you or someone you know needs support. Learning all you can about mental health is an important first step. Below you can explore resources like Member Assistance Program.

As a benefit provided by The Welfare Fund, the MAP offers confidential support to members and their families. Whether you're facing personal challenges or work-life balance concerns, the MAP is here to connect you with resources and guidance for early solutions.

Member Assistance Program (MAP)



YOUR WORKPLACE WELLNESS & MAP PARTNER
Counselors are available, 24 hours a day, 7 days a week.

H&H Health Associates are here to help with counseling, resources, guidance and support.

1.800.832.8302

Call the Welfare Fund office at 314.835.2700 for more information.

3660 South Geyer Road
Suite 100
St. Louis, MO 63127

Visit Your Member Site
Info@HHHealthAssociates.com
www.HHHealthAssociates.com



Mental Health Crisis



9 8 8

If you are experiencing a medical emergency or safety emergency requiring law enforcement, EMS, or fire, call 911.

If you are experiencing a mental health, suicide, or substance use crisis, or any other emotional distress, call or text 988 or chat on-line at 988lifeline.org/chat.



LGBTQIA2S+ Crisis Hotlines

<https://www.socialworkers.org/Practice/LGBTQIA2S/LGBTQIA2S-Crisis-Hotlines>

To reach one of our Oncology Nurse
Navigators today: 314.946.8881

To learn more contact The Health and
Welfare Fund 314.835.2700 or 1.866.565.2700