



# ALLONE EMPLOYEE

DECEMBER • 2021



## 12 DAYS OF STRESS LESS HOLIDAYS

While the holiday season is intended to be a time of joy, connection, laughter, and love—it can also leave many feeling extra-stressed, overwhelmed, anxious and exhausted. Your Assistance Program (AP) offers a wide range of support and resources to help reduce holiday stress and enjoy what matters most this season.

Take a look at our 12 Days of Stress Less Holidays to see how your Assistance Program benefits can help alleviate major stressors and spread holiday cheer:

- 12. Avoid holiday meltdowns**  
with total emotional well-being support.
- 11. Keep the peace this season**  
with referrals for family and relationships.
- 10. Give thanks by giving back**  
with referrals for volunteer opportunities.
- 9. Make the most of winter break**  
with unlimited child care referrals.
- 8. Enjoy family, fun, and festivities**  
with referrals for holiday activities.
- 7. Discover new healthy holiday favorites**  
with referrals for recipes for all dietary needs.
- 6. Get help with gift hunting**  
with referrals for gift ideas to please everyone on the wish list.
- 5. Find holiday help for pet parents**  
with referrals for pet care, pet sitters, and pet travel.
- 4. Forget the dishes and dine out**  
with referrals for restaurant recommendations and dining options for friends and family.
- 3. Fix the house in time for hosting**  
with unlimited referrals for home repair services.
- 2. Stay on budget this season**  
with referrals for financial consultation to help with holiday spending and saving plans.
- 1. Create 2022 goals for the new decade**  
with referrals for emotional well-being, life coaching, and goal setting.