

## EMPLOYEE ASSISTANCE PROGRAM

This month's live webinar:

# THRIVING THROUGH THE HOLIDAYS



**Wednesday,  
November 9  
11:00 a.m.**

### Thriving Through the Holidays

- Describe why holidays are more stressful than other times of the year.
- Identify your "limits" during the holidays.
- Explain coping skills to help you stay emotionally healthy.