

Enjoy this special time of year

The holidays can be an exciting time. But they can be overwhelming, too. Luckily, you can take steps to lower stress, relax and appreciate the season.

Consider these two questions. What will you have the time and energy to do? And what matters most? You don't have to say yes to everything. Simply focus on and make time for activities and people you enjoy.



6 tips for peace of mind



1. Size up your calendar

Make time for events you really want to attend. Trying to do too much can wear you out.



2. Accept help

Hosting a dinner party? Let your guests bring a dish or help you clean up.



3. Be flexible

If your plans don't work out, that's OK. Find another option that works for you.



4. Set a budget

Holiday travel, food and gift costs add up fast. Set a realistic budget and stick to it.



5. Go offline

Unplug from your work email and social media. Let yourself be fully present with the people around you.



6. Stay active

Exercise helps lower stress. And heart-healthy activities can burn off calories from big holiday meals.



DID YOU KNOW?

46% of people say they're stressed about the cost of holiday gifts.*

Instead of breaking the bank, try homemade cards and gifts. Consider sharing a favorite recipe. Or giving coupons for free babysitting or housecleaning.



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*FOR HOLIDAY GIFTS NOTE: American Psychiatric Association. [Holiday Stress](#). March 26, 2024. Accessed November 6, 2023.

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