

BEAT THE HOLIDAY BLUES

Be mindful of your mental health



{ **38%** Adults who feel more stress during the holidays

People who get stressed out because of holiday spending

{ **53%**

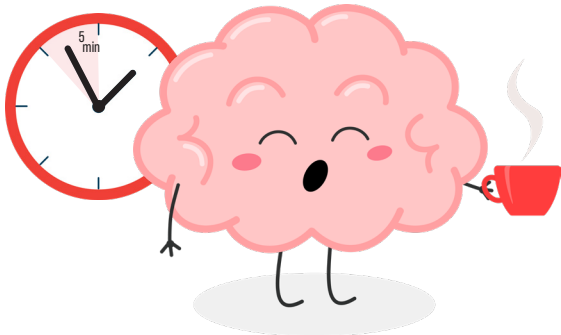
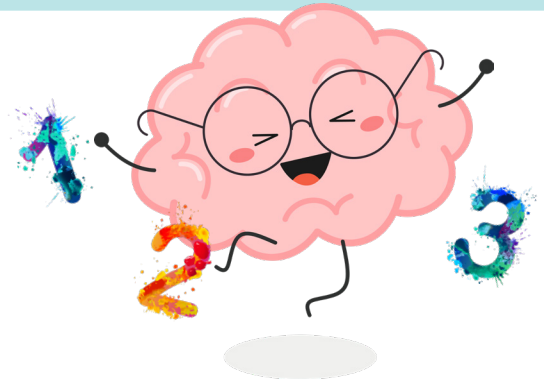


{ **2 Hours**

The amount of time you can build into a week for “me time” to lower stress

Number of things to be grateful for each day to create a positive mindset

{ **3**



{ **5 Minutes**

The time it takes to start the day off right by visualizing your goals

Learn more in the Live Healthy section of www.BlueChoiceSC.com.