



## 'Tis the Season to De-Stress

All is calm? All is bright? Holiday stress can turn the jolliest among us into absolute Scrooges, and the winter blues can give anyone the “grinches”.

Locate the article *'Tis the Season to De-Stress* on *Health Connected's Health Library*\* today to learn more. The article includes sections on:

- Melancholidays; and
- 6 ways to beat the winter blues.

Happy Holidays!