

# Manage financial stress during the holidays and COVID-19

Lack of money is one of the biggest holiday stressors. As you prepare for the holidays, think about setting financial limits, giving something personal or homemade, and focusing on traditions and events that are special for you.

Contact your Employee Assistance Program at 1-800-327-6754 (TTY 711) or visit [MagellanAscend.com](https://MagellanAscend.com) to get started.

