

'Tis the season to be...

(Fill in the blank)

Alert



Indulgent



Together



Alone



Make good mental health a new holiday tradition.



The holidays can be a joyous time of year: It's the season of lights, giving, and togetherness that's all tied together with traditions.

Those traditions can be great for bringing us closer to our families and cultures — but, they can also feel overwhelming, and even lead to heightened anxiety, poor sleep or other mental health struggles.

This year, consider making some new traditions: ones that help make your holiday season what you want it to be, so you can experience more peace and joy — and share it with those around you.

# The gift of “no”

Empower yourself to say “no thanks” to what’s not working for you, whether it’s a third holiday party or third glass of wine. This can be challenging with family, so start small: Set limits on how late events go because you have to work the next day, or switch the conversation from politics to pets. A few well-chosen no’s can help you say “yes” to the things that keep you happy and healthy.



Make a list,  
check it twice

If your holidays tend to be frantic, opt for some calm this year. Avoid that missing crucial ingredient — or forgetting to pick grandma up at the airport — with some good old-fashioned planning ahead. By discussing duties ahead of time for shopping, cooking, and ferrying relatives around, you can cut down on those holiday mini-crises we all know too well.





# Mind your physical health



There's nothing wrong with cozy days on the couch. But, physical activity can help with mental health this time of year — especially when you already have a few things working against you like shorter days and colder weather. Try a new tradition of bundled-up after-dinner walks, gift yourself a digital workout subscription, or see if your loved ones are up for a group fitness challenge.

# Let Daylight<sup>®</sup> and Sleepio help with anxiety poor sleep year-round

The holiday season is full of ups and downs — just like life the rest of the year. If you struggle with anxiety or poor sleep Daylight or Sleepio can help.

If you could use some help addressing worry and anxiety, Daylight is here for you. Daylight is a digital program that uses a psychology-based approach to treat anxiety. In a clinical trial, people who used Daylight experienced less anxiety in three weeks; after 10 weeks, 71% had recovered from clinical levels of anxiety.<sup>1</sup>

If you find that worries and “what ifs” are disrupting your sleep, Sleepio for insomnia, which is available to you at no cost may be able to help. Sleepio is a digital program that uses a psychology-based approach to treat insomnia. In a clinical trial, 76% of people used Sleepio experienced significant improvements in insomnia.<sup>2</sup>

DOC-1914 Effective 10/2022

1. Carl et. al (2020), *Depression and Anxiety*

Daylight is available as an adjunct to usual medical care for generalized anxiety disorder for adults ages 18 and older, without FDA review under their COVID-19 policy.

2. Espie et. al (2012). *Sleep*

Sleepio is available as an adjunct to usual medical care for insomnia disorder for adults ages 18 and older, without FDA review under their COVID-19 policy.

The image shows a smartphone displaying the Daylight app interface. The screen features a pink background with a white silhouette of a person holding their head. Below the silhouette, it says "4 min Lesson" and "Tense & Release". A play button icon is visible next to the lesson title. At the bottom, there is a "Practice Library" button.

daylight

Start feeling better today:

[trydaylight.com/nhs](https://trydaylight.com/nhs)

teaching them techniques to build good habits for life.

The image shows a smartphone displaying the Sleepio app interface. The screen has a dark blue background. At the top, it says "Sleep Now" and "Choose an audio technique to learn and practice". Below this, there are three options: "Progressive Relaxation" (11:03 min), "Thought Blocking" (2:09 min), and "Mindful Observation" (2:35 min). Each option has a play button icon.

Sleepio

Start sleeping better tonight:

[sleepio.com/nhs](https://sleepio.com/nhs)

give yourself the gift of better sleep with Sleepio.