

Holiday Resources from your EAP

GuidanceResources Holiday Toolkit



**Happy and
Healthy**



**Positive
Thinking**



**Holiday
Gatherings**

This holiday season will look different than previous ones. You can still make this season a success by giving yourself the best present of all: peace of mind.

[READ MORE](#)

This year has been challenging. This guide explains the power of being thankful and how it can improve our mental and physical health.

[READ MORE](#)

Public health officials have issued guidance on travel, family gatherings and other aspects of celebrating the holidays this year. Plan before you go.

[READ MORE](#)



How Your State of Kansas EAP Can Help....

- Creating a budget for holiday spending.
- Locating the perfect gift for a loved one that is difficult to buy for.
- Finding the right temporary childcare during school break.
- Reviewing available eldercare options.
- Help in making a big purchase.
- Staycation planning to make the most of your time at home.

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