

Feeling stressed, anxious or depressed this season?



Be Mindful  
of your health.



*Tips to manage* **THE HOLIDAY BLUES:**

Make sleep and exercise a priority. | Don't overcommit your time.  
Do things that make you happy. | Seek help if you feel depressed.

Learn more in the Live Healthy section of [www.BlueChoiceSC.com](http://www.BlueChoiceSC.com).



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