Stressful things may happen during the holiday season, and the great news is we can choose how to respond! This season, give yourself permission to take care of yourself.

The holiday season is one of the busiest times of the year and can bring cheer, joy, excitement, and laughter. For some, however, this season can also bring grief, stress, and loneliness. Whether you’re gathering with family and friends, traveling, decorating, or relaxing, it’s important to remember to take care of yourself.

Explore Religion and Culture on-campus and online with Emory International Student and Scholar Services (ISSS). Join the Candler School of Theology for the Master of Religion and Public Life (MRPL) Lunch and Learn, Enrich Your Career, and Make a Difference. If you’re interested in participating, email.

The survey will be sent on an ongoing basis to all Emory University employees at their three-month and six-month anniversary. If you previously completed the Anxiety Toolbox Series, join this session for additional support with mindfulness.

Learn strategies for staying centered and reducing your stress level. Join at 1:00 pm to learn the basics of mindfulness or at 1:15 pm for a guided practice and discussion. Virtual session facilitated by Emory University's Faculty Staff Assistance Program (FSAP).

Learn what assets are potentially taxable and how they may be distributed. Understand the tax implications of these decisions and how they may affect your financial plan.

Learn strategies to reduce stress/burnout, support healthy work relationships, enhance coping skills, and fortify self-care. Virtual session facilitated by FSAP.

The survey will appear in the notification center of the Healthy Emory Connect (Sharecare) app. Fill out the survey to help you along your financial journey. You do not need to be a member to take advantage of the platform.

For additional support, check out these resources:

- Visit the bookstore at 1380 Oxford Road. Discount only valid on in-store purchases.
- Contact Kaiser Permanente's Health Payment Services Team at 877-750-3399.

The survey is available for Emory University employees until December 31, 2023.

If you have questions, email.

For more information, contact HR Benefits and Worklife Department.

Join Emory International Student and Scholar Services (ISSS) for the Personal Leadership: Making a Difference Series. Purchase your tickets using this redemption link.

Join the Candler School of Theology for the Master of Religion and Public Life (MRPL) Lunch and Learn, Enrich Your Career, and Make a Difference. If you're interested in participating, email.

Aim to be present. Attend holiday gatherings, know your limits and practice setting them. You don't have to commit to every event. You're invited to — you can determine what is "good enough" when managing these commitments.

Practice being thankful individually and with your family and friends. If you previously completed the Anxiety Toolbox Series, join this session for additional support with mindfulness.

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