



Feeling stress about the holidays?

While the holidays can be a wonderful time of year, there are times in our lives when we face difficulties, which can make the holidays seem incredibly challenging. Financial struggles, dealing with the loss of a loved one, managing health concerns, and many other sources of stress can feel magnified during the holidays.

What can you do if you're feeling stressed about the holidays:

Reset expectations. This is a time of year when expectations and pressures run high to buy more expensive gifts, prepare a perfect family meal, and do more than you believe you are capable of doing. Assess your capabilities and communicate your limitations to family and friends in a respectful manner.

Don't undervalue the importance of love. While your resources or circumstances may be less than ideal, one thing we have in abundance is our love. While we may prefer to express our love for others through beautiful gifts, we can also express it through hugs and kind words. We can express our love through a simpler gift, perhaps one we make ourselves with a handwritten note expressing how much we appreciate someone.

Express gratitude. Many needs in your life may consume your attention, which is understandable. Every day, shift your focus and look for simple blessings around you, and give thanks. Gratitude can improve your outlook during a difficult time, providing a shift in perspective that can lead to more resilient and hopeful thinking.

Reach out. You're not alone—there are resources available to help you or a loved one if you need it:

2-1-1 Idaho Careline: Dial **211** or **1-800-926-2588** or text **898211** to speak with a resource specialist for health and human services available in your community.

Optum Idaho's 24/7 Member Access and Crisis Line: **1-855-202-0973** (TDD/TTY services at **711** for the hearing impaired) or visit optumidaho.com.

If you're feeling suicidal or in crisis, please call or text 988 for the Suicide Crisis Lifeline. You can also chat at 988lifeline.org.



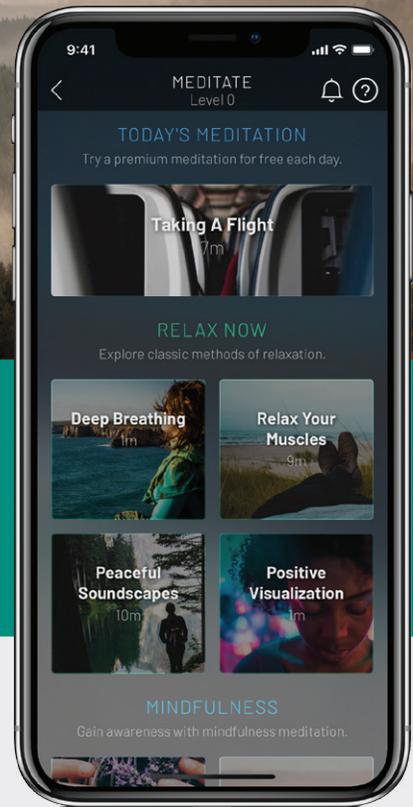
Say hello to Sanvello

SANVELLO™

The new app for on-demand help with stress, anxiety and depression

The Sanvello app is **free to anyone** and the **premium version** is available at **no extra cost** for members of Idaho Medicaid and other select health insurance plans.

Sanvello is an app that offers clinical techniques to help dial down the symptoms of stress, anxiety and depression – anytime. Connect with powerful tools that are there for you right as symptoms come up. Stay engaged each day for benefits you can feel. Escape to Sanvello whenever you need to, track your progress and stay until you feel better.



More information about the app features available on [Sanvello.com](https://www.sanvello.com)

Get the Sanvello app on Google Play or the App Store using your Medicaid insurance ID for **free access** to the premium version, selecting “Idaho Health Plan” to unlock the premium version for Idaho Medicaid members.



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