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I hope this email finds you well amidst the holiday hustle and bustle! I wanted to reach out and share some exciting news from the ***Improving You*** podcast.

In our latest episode, we delve into the timely topic of holiday stress and effective coping mechanisms. As we navigate the festive season, our goal is to provide listeners with practical insights and strategies to enhance their well-being during this potentially overwhelming time.

Tune in as our host and expert guests explore various aspects of holiday stress, from managing expectations to incorporating self-care practices. Whether you're juggling family gatherings, year-end work commitments, or simply feeling the weight of the season, this episode aims to offer guidance and support.

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Feel free to share this episode with your community, friends, or anyone who might benefit from a bit of seasonal self-care wisdom. We believe in fostering a supportive community, especially during times that can be challenging for many.

Thank you for being a valued part of the ***Improving You*** podcast community. We look forward to hearing your thoughts on the episode!

Wishing you a joyful and stress-free holiday season,

Acentra Health EAP

