THE Educator

Information you can use to TakeControl of your health

Issue 4, 2026

STRESS LESS THIS HOLIDAY SEASON

The holiday season can be a joyful time, but it can also bring added stress and a wide range of emotions. Too much stress can affect your mood, sleep, relationships, and overall well-being. The good news is that a few simple, intentional steps can help reduce stress and help you manage the demands of the season!



Reset expectations. The holidays don't have to be perfect. Focus on what matters and let go of idealistic expectations.



Take things one step at a time. Break large tasks into smaller, more manageable steps.



Plan ahead. Schedule specific days for shopping, baking, connecting with friends and family, and other activities.



Make time for yourself. Set aside time to rest, recharge and do something you enjoy.



Know your limits. It's okay to say "no." Protecting your time and energy can prevent the feeling of overhwhelm.



Stick to a budget. Don't try to buy happiness. Donate to a charity, give homemade gifts or set up a family gift exchange.



Don't abandon healthy habits. Monitor your conditions, prioritize sleep, healthy meals, and physical activity. It's okay to enjoy a treat but avoid overindulgence.



Practice stress relieving activities. Take a few moments each day to breathe deeply, stretch, take a walk, or do a hobby you enjoy.



Acknowledge your feelings. If you cannot be with loved ones or someone close to you has passed away, know that it's okay to feel sadness and grief over the holiday season.



Reach out. If you feel lonely or isolated, seek out community, religious or social groups, or talk to friends, family, or member of your care team.



Mental Health Resources

Seek professional help if you find yourself feeling persistently sad or anxious, irritable, hopeless, or unable to sleep.

Reach out to the Emotional Support Connection at 414.566.6080

-or-

Schedule via MyChart

Scan the QR code below to learn more!

MEMBERSHIP HAS ITS REWARDS

Being an ***active*** TakeControl member improves your health and can make your condition-related medications and supplies more affordable. At the direction of the Quad/Graphics Health and Welfare Plan, enrollment in Rx Savings Solutions is required for active membership in the TakeControl program and to qualify for prescription benefits. Scan the QR code to learn more.

Contact the TakeControl team to learn more about becoming an ***active*** member.

855-717-4688 | takecontrol@quadmedical.com

QuadMed TakeControl
CONDITION MANAGEMENT PROGRAM

Scan the code to access the TakeControl website today.

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