A close up of a colorful map of Europe with a large yellow push pin in Paris.


The letters "eap" are below a radiating sun which contains a person with upraised arms

OCTOBER 2022

Navigating Holidays

**Have fun and stay safe**

The holiday season doesn't have to be stressful. Planning ahead may help you reduce stress and have successful holidays.

LET US HELP

TOLL FREE: 1-877-313-4455

WEBSITE: [eap.wa.gov/worklife](http://www.eap.wa.gov/worklife)

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