



4 Simple Tips For a Happier Holiday Season



1

Write down three things
you're thankful for everyday.

Practicing gratitude lowers stress, improves mental health, and helps you sleep better. Keep a notepad next to your bed!

2

Say no to the activities or
obligations that stress you out.

Setting boundaries and declining activities that overwhelm you create space for what truly brings you joy and relaxation.

3

Do something for
yourself every day.

Make a healthy lunch, take a bath, go for a walk, complete a 10-minute yoga video, or journal. Prioritizing your well-being allows you to stay in the present moment.

4

Reach out to a
Galileo provider.

You have fully covered mental health care available 24/7 (even on Thanksgiving). Simply open the app, tap **start a consultation** and tell us what's on your mind.



Scan the QR code to create
your Galileo account

Use access code: **seqbundle**

