

Let's reach out  
to each other.

Just a **smile**, a **hello**  
or a **kind word** can  
mean so much to  
another person.



## Holiday Wellness

Family connections, meaningful traditions and fun are supposed to be what the holidays are all about. For many, this is not what they experience. Depression, stress and isolation can fill the holiday season and take a toll on you. Overall mental health and wellbeing should be a gift you give yourself.

To learn more about ways to reduce holiday stressors and stay well, visit the American Psychological Association's website at [www.apa.org/topics/holiday-stress](http://www.apa.org/topics/holiday-stress)

Optum Idaho has developed Hello Idaho! as a campaign designed to help cope with isolation and help support your wellbeing. Optum Idaho is distributing Hello Idaho! stickers and leave-behind cards. Use these in photos or create videos of yourself that show how you are participating in healthy activities, then post to social media using [#mymentalhealthidaho](https://twitter.com/mymentalhealthidaho), [#helloidaho](https://twitter.com/helloidaho) and tag [@optumidaho](https://twitter.com/optumidaho).

For more information or to request materials, visit [optum.com/helloidaho](http://optum.com/helloidaho) or email [idaho.communications@optum.com](mailto:idaho.communications@optum.com).

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