BROUGHT TO YOU BY PSYCHOMETRICS TEAM MEMBER JOO TAN CONTROLLER

## TAKING THE STRESS OUT OF THE HOLIDAY SEASON

IN A 2015 SURVEY, 62% OF RESPONDENTS REPORTED THEIR STRESS LEVEL AS "VERY OR SOMEWHAT" ELEVATED DURING THE HOLIDAYS. THE HOLIDAYS ARE SUPPOSED TO BE A JOYOUS TIME OF YEAR WHERE WE CAN SPEND TIME WITH OUR LOVED ONES, SO HOW CAN WE MAKE IT LESS STRESSFUL FOR OURSELVES?

PEOPLE OFTEN NEGLECT THEMSELVES THE MOST DURING THE HOLIDAY SEASON. THE HOLIDAY SEASON CAN BE STRESSFUL AND BUSY, SO BE SURE TO TAKE SOME TIME TO RECHARGE. REMEMBER, THE HOLIDAYS AREN'T JUST ABOUT OTHERS, IT'S ALSO ABOUT TREATING YOURSELF!



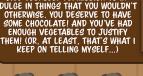




THIS YEAR, MY CHRISTMAS RESOLUTIONS ARE TO TREAT MYSELF AND WORRY LESS ABOUT FINDING THE PERFECT GIFT FOR EVERYONE!







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ALSO, TOO MANY PEOPLE PUT PRESSURE ON THEM-SELVES TO FIND THE PERFECT GIFT FOR EVERYONE. HERE ARE SOME TIPS TO KEEP IN MIND WHEN TRYING TO FIND THAT PERFECT GIFT FOR YOUR LOVED ONES THIS SEASON:













REMEMBER THAT WHAT YOU WOULD LIKE AS A GIFT DOESN'T FIT EVERY-ONE.

