



# Prioritize Financial Wellness This Holiday Season

Financial wellness plays a big role in overall well-being, especially during the busy holiday season. Below, you'll find resources and tools to help you **manage budgets, plan ahead and start the new year feeling financially empowered.** [Access Resources](#)

## Tips for Cutting Back

Discover [tips](#) to help you identify needs versus wants and how to best balance for your budget.

## Methods for Maintaining a Budget

Learn [5 tips](#) for maintaining a successful budget to help you achieve your goals.

## Measure Your Financial Stress

Take a short [assessment](#) to identify your financial stress levels and receive recommended resources to help you meet your financial goals.

## Plan Your Financial Future

Preparing for your future means having emergency financial resources while building wealth. Learn [tips](#) to save for your future.

## Take Care of Your Mental Health This Holiday Season

Your financial stress can increase during the holidays, so it is especially important to prioritize your mental well-being during this season. Download this [tip sheet](#) to learn how to combat stress.

Get started with your EAP by joining [this month's free webinars](#):

### The Fine Art of Flourishing

Wednesday, December 10, 2025

[Morning - 12PM - 1PM EST](#)

[Afternoon - 3PM - 4PM EST](#)

### Building Your Professional Network

Wednesday, December 17, 2025

[Morning - 12PM - 1PM EST](#)

[Afternoon - 3PM - 4PM EST](#)



December 2025

Work Well.  
Live Well.

◆ Your well-being is our priority.

Lucet EAP provides confidential support, counseling services and resources to help you overcome life challenges and live a happy, balanced life.

Call 800-624-5544  
Visit [eap.lucethealth.com](http://eap.lucethealth.com)