2026 Excel Your Well Webinar Series

Weathering the winter:

staying well during the holiday season



As the days grow shorter and winter approaches, many people notice changes in their mood, energy levels, and overall wellbeing. Reduced daylight, colder temperatures, and the emotional and logistical demands of the holiday season can make it **more challenging to maintain healthy habits and prioritize self-care**.

At Excellus BlueCross BlueShield, we're committed to helping our members support their health and wellbeing year-round. This month's webinar will provide practical tips and strategies to help you navigate the winter months, manage seasonal stressors, and maintain your wellbeing throughout the season.



Join us for this engaging 45-minute webinar hosted by Excellus BCBS Behavioral Health Case Manager, **Kelly Tobin**. You'll learn:

- Understanding seasonal affective disorder (SAD) and its causes
- Recognizing common signs and symptoms
- How SAD is diagnosed
- Prevention and self-care strategies
- Available treatment options and support resources
- Coping with holiday stress, grief, loneliness, and changing traditions
- Benefits and resources available to support your wellbeing*

When our members have the knowledge, tools and support to prioritize their health and wellbeing, everybody benefits.

Webinar date: Thursday, December 17
Webinar time: Noon - 12:45 p.m.

To register for the upcoming webinar, please scan the QR code or click **here**.

Excellus

Everybody Benefits

*Benefits and resources vary by contract.
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