lyra



The holiday season can be overwhelming

Your Lyra mental health benefit has tools and guidance to make it easier. With expert therapy or coaching support, you can learn how to:

- Build effective habits and practical skills for navigating holiday spending pressures.
- Establish healthy boundaries with difficult family members.
- Navigate grief and find comforting ways to remember who (or what) you've lost.
- Protect your time and energy by saying "no" to invites without guilt.
- Cope with end-of-year work stress and avoid burnout.
- Let go of the pressure to make things perfect.

800K members served

94% member satisfaction rate

4.8 star rating in App Store

care.lyrahealth.com

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