

YOU SHOULD KNOW

Patrick Malone & Associates

202-742-1500

888-625-6635

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Holiday Stress Can Trigger Dangerous Behavior

The holiday season should be one of good cheer and celebration, but for too many people it can be stressful. One in three adults in the survey linked below say the holiday season – compared to other times of the year – triggers feelings of anxiety, depression or isolation. And that mental stress can drive people to drink more than normal at family or office parties.

Hopefully, you'll find the tips in this newsletter helpful in planning your upcoming celebrations because our greatest Thanksgiving wish for you and yours is a happy and safe holiday season!

[Continue reading.](#)



Protect Yourself and Your Party Guests this Holiday Season



Celebrating the spirit of the holidays is more than simply planning the perfect menu and stunning home decor. Thanksgiving to New Year's can pose a heightened risk for drunk driving crashes following family get-togethers and holiday parties. You may also be held personally responsible if you hosted the festivities and a guest is involved. This month's *You Should Know* offers commonsense tips for avoiding these preventable seasonal mishaps.

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BY THE NUMBERS

528

Thanksgiving weekend is the deadliest holiday on the road; 528 people were killed in crashes across the country in 2017.

VIDEO BOOKMARK

Festive Mocktails for Your Next Party

Delight friends and family with these delicious, holiday-appropriate non-alcoholic cocktails.

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THE DOCKET

- CHECK OUT OUR BETTER HEALTH CARE NEWSLETTER.
- LATEST NEWS FROM OUR PATIENT SAFETY BLOG
- HEALTH CARE ADVOCATES' POWER KIT
- MALPRACTICE A-Z: ANSWERS ON SPECIFIC TOPICS
- THE LAWSUIT PROCESS STEP BY STEP

SAFE PARTY GUIDE

Hosting a holiday party this year? MADD® will help you get your guests home safe with this party guide:

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