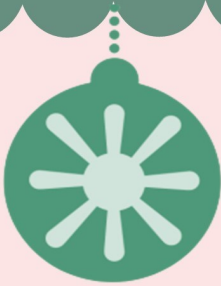


Tips to Handle the Holiday Blues



SET REALISTIC EXPECTATIONS FOR THE HOLIDAYS

Traditions grow and change as people's lives change. Try as best you can to embrace it and be present with those you have in your life now.

SET BOUNDARIES AND SAY "NO"

Holidays tend to place more demands on us. Be mindful of how you want to commit your time. Saying "no thank you" is okay, especially if doing something will cause you more stress.



TRY NOT TO ISOLATE YOURSELF

Feelings of sadness can make us not want to see others. Unfortunately, seclusion can increase those feelings. Look for opportunities to connect with others if you are feeling lonely.

TAKE TIME TO DO THINGS THAT BRING YOU JOY

As little as 20 minutes a day of doing something you enjoy can help reduce stress.



CONSUME ALCOHOL IN MODERATION

One or two drinks socially is okay; but be mindful not to drink just to avoid difficult feelings.