

it's okay if it's NOT
the most

Wonderful

time of the year

WAYS TO BEAT THE HOLIDAY BLUES

PHYSICAL

- Move your body. Do something you love—hike, swim, dance. Or simply sit in a chair and wave your arms like you just don't care! Movement boosts your energy and mood.
- Go outside. Nature has proven health benefits, both mental and physical. Explore one of the many local beaches, parks or trails.

SPIRITUAL

- Attend religious services, practice meditation, or write in a journal to help you find center and balance.
- Take part in a volunteer effort or local charity. Giving back feels so good, you'll forget you did it to beat the blues.

SOCIAL

- Attend local events and activities to help build connections. *The ones at the public library are free!*
- Spend time with friends and family (real or chosen.) This can be in person, via Skype, or over the phone. Being social can help lift your spirits.

MENTAL

- Try out new hobbies or crafts. Learning new skills can boost your mood and confidence. *The library has books on everything from carpentry to car repair!*
- Create a list of books you want to read or movies you want to watch. *Then use your library card to start checking them out for free!*

**The Suicide & Crisis Lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress
24 hours a day, 7 days a week,
across the United States.
Call or text 988**

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10 Tips for Beating the “Holiday Blues”

Keep your regular routine as much as possible.

Try to eat, exercise, and go to bed at your usual times, go to meetings that you normally go to, etc. A change in routine can lead to additional stress.

Think moderation.

Try not to overindulge in food and/or alcohol. Eating and drinking in excess may temporarily “ease the pain” of the holiday blues, but they can also lead to feelings of guilt.

Be realistic, and try not to expect the “ideal” holiday.

So many of us have an idealized version of what the holidays should be like and are disappointed when they don't live up to those expectations. Nobody has a perfect holiday or perfect family.

Stay connected.

Make sure to spend with friends and/or family who value you. And if they don't live close by, call them for a “reality check” or some “grounding.” Remember to ask for support if you need it.

Throw guilt out the window.

Try not to put unreasonable pressure on yourself to be happy, to rejoice, or even to enjoy the holidays. Give yourself a break this holiday season.

Don't be alone if you don't want to be.

If you anticipate spending the holidays alone, try to volunteer somewhere, like a soup kitchen, or with the elderly. People will be so appreciative that you may feel better about yourself, but more importantly, you'll have company.

Focus on today, not yesterday.

There's something about being with family that makes us become who we were and not who we are. When you find yourself reverting to old childhood patterns with family members, try to walk away for a minute and remember who you are now. Also remember that it's not necessary to play the same role as you did when you were younger, even if others are encouraging you to do so by their behaviors.

Just say no.

It's OK to say no when you're asked to do more than you can. It's fine to say no to some invitations and fine to say no to those asking for favors. Remember, this is your holiday, too!

Ask for help.

It's OK to ask for help from family and friends. Whether for decorating, shopping, cooking, or a shoulder to lean on, ask.

Be good to yourself.

If you're feeling blue, pamper yourself. Do what feels good, and what you want to do. Try to take a walk or spend time alone, if that's what you want. Remember, this is your holiday, too, and you can be there for yourself just like you try to be for everyone else.

The holidays only come once a year and only last for a few weeks. If you follow these 10 tips, you might find this year to be more joyful and less stressful.

Have a peaceful holiday season!

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