



Tips for Beating the Holiday Blues

For some people, holidays are a time for celebrations, parties and gatherings. But for others, the holidays trigger heightened levels of stress and anxiety. Try these proven strategies to help keep the holidays merry and bright.



Get out and about

Don't be a hermit. Share celebrations with family and friends. Enjoy a brisk walk during your lunch break.



Volunteer

Helping others is a great mood lifter. Contact your local [United Way](#) or other local organizations to ask about volunteer opportunities.

Drink responsibly

It's easy to overindulge during the holidays but doing so can make you feel more depressed. The Centers for Disease Control and Prevention recommends no more than one drink per day for women and no more than two drinks per day for men.



Accept your feelings

It's OK to *not* feel jolly all the time. Be kind to yourself, seek support, and remember to laugh at yourself now and then.



Talk to someone

Don't underestimate the power of friends, family, mentors and neighbors. Talking about your feelings can help you understand why you feel the way you do. Making a phone call, having a chat over coffee or writing a note can brighten your mood.





Recognize Warning Signs of Depression

Holiday blues are usually temporary and mild. But depression is more serious and can linger unless you get help. Signs of depression include:

- Sadness that won't lift and loss of interest or pleasure in doing things
- Changes in appetite or weight
- Frequent crying
- Feeling restless or fidgety
- Feeling worthless, helpless or guilty
- Decreased energy
- Trouble concentrating
- Changes in sleep habits

Depression is treatable. Talk to a health care professional if you experience five or more of these symptoms every day for two weeks. If you have recurring thoughts of death or suicide, seek immediate help.

Help Someone with the Holiday Blues

Include them

Invite them out for get-togethers or even just for a walk.

Lend a hand

Offer to help with cleaning, shopping, cooking or decorating.

Be a good listener

Encourage discussions about feelings and concerns. Try to put yourself in the other person's shoes to understand how they feel.

Encourage them to talk with a health care professional

Holidays can cause people to feel anxious and depressed. But for some, holiday tensions can lead to full-blown clinical depression. If you suspect depression in someone you know, you may need to bring it up more than once. Let the person know that depression is a treatable medical illness and not something to be ashamed of.



Magellan
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Experiencing stress,
depression or anxiety
during the holidays or
anytime during the year?

Contact the Employee
Assistance Program provider,
Magellan Healthcare:

1-800-327-5048

